YOUR GUIDE TO

Exercise After a Stroke

A guide for people with stroke and their families

MARGOT ANDREW MHSC (HONS), PG DIP REHAB, DIP PT

MARGARET HOESSLY MHSC (HONS), INT DIP PT (BOSTON), QSM

KATE HEDGES MHSC, DIP PT, ADVANCED BOBATH CLINICIAN

中风后活动指南

This book was funded with the help of the A.H. Somerville Foundation which was established by Archie Somerville after his stroke. The authors would like to thank the Foundation and everyone whose helpful suggestions are included in the text. A special thank you to Hannah Blair for her original drawings, Todd Wilson for graphic design, and Carmel Williams for editing.

We have had many years of physiotherapy experience and the content of the book has been reviewed not only by people who have had a stroke but also by a number of medical specialists. We hope that this book provides practical and useful information regarding exercise after stroke. If you have specific queries please do not hesitate to contact your doctor, other health professionals or the Stroke Foundation: www.stroke.org.nz

MARGOT ANDREW, MARGARET HOESSLY & KATE HEDGES
May 2017

此番翻译由Google Translate生成，感谢Google.
如有不恰当的译词，请原谅，欢迎改进。

这本书是在AH Somerville的帮助下资助的
由Archie Somerville建立的基金会
他的中风。 作者要感谢基金会和
每个人的有用建议都包含在文本中。
特别感谢Hannah Blair的原创作品，
Todd Wilson负责平面设计，Carmel Williams负责编辑。

我们有多年的物理治疗经验和
该书的内容不仅受到有人评论
中风，但也有一些医学专家。 我们希望
本书提供了有用的实用和有用的信息
中风后运动。 如果您有特定疑问，请不要
犹豫不决，请联系您的医生，其他健康专业人士或
中风基金会：www.stroke.org.nz

MARGOT ANDREW，MARGARET HOESSLY＆KATE HEDGES
2017年5月

Foreword

With an estimated 65,000 stroke survivors in New Zealand most families have been or will be affected by at least one member suffering a stroke. And while the effects of a stroke are as variable and indiscriminate as the number of those who suffer them, effective post-stroke care is central to realizing the fullest potential for recovery.

When my mother, formerly fit, active, and alert suffered a devastating stroke at the age of 96, our family found the transition from the relative security of the hospital environment and its network of support systems daunting. As others before us have found, all too often, life after a stroke is a confronting, bewildering and intimidating prospect. As we did, many struggle in making the transition to the new challenges they face. This is where the Stroke Foundation came in. In a sense they acted as our consultants who co-ordinated the services, educated us on our options and ensured my mother's treatment continued after she returned home. And this is where this new book will be so helpful and effective.

Your Guide to Exercise after a Stroke, produced by Margot Andrew, Margaret Hoessly and Kate Hedges is an invaluable book which sensitively addresses these vulnerabilities and serves up the answers in a focused, economic, and comprehensible style. Reassuringly optimistic, this welcome and much needed resource is a practical guide for everyone affected, directly or indirectly, by stroke. The guide covers both generic and specific exercises. It describes activities which can be undertaken individually or with help. The instructions are simple and clear. The text is perfectly complemented by the practical and easily followed illustrations which cover everyday functions such as moving from a bed to a wheelchair, climbing stairs, or getting up after a fall, to more specific exercises focusing on strengthening particular parts of the body.

Every stroke is unique. Every person's needs are different. This new guide is a much needed and overdue tool box of practical and easily followed exercise regimes for those recovering from a stroke as well as the families and whānau who support them in their journey to achieve their full potential.

I congratulate the authors for recognizing this glaring gap in our self-help library and filling it with such an excellent, readable, and practical guide.

— **THE HON. JUSTICE SIMON MOORE**
Judge of the High Court of N.Z.

"I had my stroke when I was 29 and I wish this book had existed then to help me regain my strength. My wife, Lucy, and I have tried every exercise in this book and have found the illustrations and explanations practical and easy to follow. This book is the foundation for your recovery. If you follow these exercises you will have the tools to strengthen both your body and confidence."

— **MICHAEL LINANE**
Artist

前言

预计中风65,000
新西兰大多数家庭的幸存者
已经或将会受到影响
至少有一名中风患者。
虽然中风的影响如同
变数和不分青红皂白的数字
遭受他们的人，有效
中风后护理是实现的关键
最充分的恢复潜力。

当我的母亲，以前适合，活跃，和
警报遭受了毁灭性的打击
96岁时，我们的家人找到了过渡期
从医院的相对安全
环境及其支持网络
系统令人生畏。 像我们面前的其他人
经常发现生命之后的生活
中风是一个令人困惑的，令人困惑的
令人生畏的前景。 像我们一样，很多
努力过渡到
他们面临的新挑战。 这是哪里
中风基金会进来了。从某种意义上说
他们担任我们的顾问
规范服务，教育我们
我们的选择，并确保我的母亲
她回来后继续治疗
家。 这就是这本新书的所在
将是如此有益和有效。

中风后的运动指南，
由Margot Andrew，Margaret制作
Hoessly和Kate Hedges是非常宝贵的
敏感地解决的书
这些漏洞和服务

专注，经济，和经济的答案
可理解的风格。 令人欣慰
乐观，这种欢迎和很多
所需资源是一个实用指南
每个人都直接或间接地受到影响
通过中风。 该指南涵盖了通用
和具体的练习。 它描述了
可以开展的活动

单独或帮助。 说明
简单明了。 文字很完美
辅以实用和
容易遵循的插图涵盖
日常功能，如搬家
一张床到轮椅，爬楼梯，或
跌倒后起床，更具体
专注于加强的练习
身体的特定部位。

每一笔都是独特的。 每个人都是
需求是不同的。 这个新指南
是一个非常需要和过期的工具
盒子实用且容易遵循
为恢复者提供锻炼制度
从中风以及家庭
和whānau谁支持他们的
充分发挥潜力的旅程。

我祝贺作者的认可
我们自助图书馆的这个明显差距
并用这么好的，
可读，实用的指南。

- HON。 JUSTICE SIMON MOORE
新西兰高等法院法官

“当我29岁的时候，我的中风了
希望这本书存在然后帮助
我恢复了力量。 我的妻子露西，
我已经尝试过这方面的每一项练习
预订并找到了插图和
解释实用且易于遵循。

这本书是你的基础
复苏。 如果你按照这些练习
你将拥有强化的工具
你的身体和自信。 ”

- MICHAEL LINANE
艺术家

Contents

内容

Introduction

Gaining Confidence Starts at Home

Having a stroke is not only a devastating personal experience, but is also a highly emotional time for you, your family, and friends. This book is for everyone involved in your recovery. It was written to give you hope, encouragement, and strength.

These simple exercises will help strengthen and improve your movement. You will not need all of these exercises nor will all of them suit you; it is often a trial and error process.

As you gain an understanding of how your body works in the space around you, over time you will improve your everyday skills and strength.

A stroke damages nerve cells in the brain but don't worry, your brain has the ability to open up new pathways and find new connections when correctly stimulated. The exercises in this book should be repeated and practiced as often as possible; this can help build new pathways in your brain.

After a stroke you will have to relearn correct movement again. Your brain processes sensory information through your eyes, ears, skin, joints, and muscles, helping you to move correctly. Movements you used to do easily will be more difficult. Your weak side must relearn what to do and how to do it.

Some people find it helpful to think about how their strong side does the movement, before trying that movement with their weak side.

Some of these exercises can be done alone while others will require some assistance. Feedback from a family member, friend, or carer can be very helpful when trying these movements/exercises. Feedback will give you confidence that you are moving correctly. Sometimes you will think your movements are correct and they may not be, so having someone help you will ensure they are done correctly. These exercises will help with strength and coordination.

The amount of recovery after a stroke varies from person to person. You may fully recover, or find some activities remain harder than before your stroke. Some may struggle with everyday tasks or activities. Occupational therapists can help you relearn everyday activities such as kitchen activities, showering, dressing, and writing.

It can be common for people to feel overwhelmed and depressed after a stroke. If this happens to you, please talk about it with someone or visit your doctor.

中风不仅是一种毁灭性的
个人经历，但也是一个高度
对你，你的家人和你的情感时间
朋友。 这本书适合所有参与者
在你的恢复。 它写的是给
你希望，鼓励和力量。

这些简单的练习会有所帮助
加强和改善你的运动。
你不需要所有这些练习
它们都不适合你; 它是
通常是试错过程。

当你了解如何
你的身体在周围的空间工作
你，随着时间的推移你会改善你的
日常技能和力量。

中风会破坏神经细胞
大脑，但不要担心，你的大脑有
开辟新途径的能力
正确找到新连接
刺激。 本书中的练习
应该重复和练习
尽可能经常地; 这可以帮助
在你的大脑中建立新的途径。

中风后你将不得不重新学习
再次正确运动。 你的脑
处理感官信息
你的眼睛，耳朵，皮肤，关节和
肌肉，帮助你正确行动。
您过去常常做的动作会
更难。 你的弱点必须
重新学习做什么以及如何做。

有些人觉得思考很有帮助
关于他们强硬的一面如何

其中一些练习可以完成
单独而其他人需要一些
帮助。 来自一个家庭的反馈
会员，朋友或看护人都可以
尝试这些动作时很有用/
练习。 反馈会给你
相信你正在正确行动。
有时你会想到你的动作
是正确的，他们可能不是，所以
有人帮助你将确保他们
做得正确。 这些练习会
帮助实力和协调。

中风后的恢复量
因人而异。 你可以
完全恢复，或找到一些活动
比你的中风前更难

学习
厨房活动等活动，
淋浴，穿衣和写作。

这可能是常见的
让人感到不堪重负
一个人后郁闷
行程。 如果发生这种情况
对你说，请说
与某人有关
或去看医生。

Chapter 1

Activities and Exercises at Home

第1章

活动

和练习

在家

Effects of a Stroke

A stroke is the result of damage to nerve cells in the brain caused by either:

- A blockage of a blood vessel or
- Bleeding into the brain

Either of these can result in difficulties with movement. A bleed or blockage on one side of the brain affects movement on the opposite side of the body. This is known as hemiplegia: 'hemi' = half and 'plegia' = paralysis. One side of the body is weaker. The problems caused by stroke are different for everyone. They can vary from mild to severe and may include:

- Muscle weakness, or slowness of movement of the
    - *Arm and leg*
    - *Trunk*
    - *Face and tongue*
- Changes in muscle stiffness (this can vary from floppy to very stiff)
- Poor balance
- Decreased coordination
- Tremor/shaking (of your arm or leg)
- Loss of awareness/neglect of the weak side
- Numbness or tingling
- Decreased awareness of temperature, pressure, or pain
- Difficulties judging your position in space and distance from objects
- Double vision
- Nystagmus: uncontrolled left/right or up/down eye movements
- Visual field loss: able to see only part of what is actually being looked at
- Sensitivity to light, especially bright sunlight
- Extreme tiredness/fatigue
- Decreased concentration
- Changes in mood
- Changes in behaviour and personality
- Difficulty expressing yourself or finding it hard to understand others.

Communication difficulty can be distressing and frustrating so as soon as possible, get the assistance of a Speech Language Therapist. They can help you to communicate effectively. It is also important that you and your family know that your intelligence has not changed. Speech Language Therapists can also help with any eating difficulties.

中风的影响

中风是神经受损的结果
大脑中的细胞由以下任何一种引起：

- 血管或血管阻塞
- 流入大脑

这些都可能导致困难
与运动。 出血或堵塞
大脑的一侧影响运动
在身体的另一侧。 这是
被称为偏瘫：'hemi'=一半和
'plegia'=瘫痪。 身体的一侧
比较弱 中风引起的问题
每个人都不一样。 他们可以变化
从轻微到严重，可能包括：

- 肌肉无力或缓慢
  运动的
  - *手臂和腿*
  - *树干*
  - *面部和舌头*
- 肌肉僵硬度的变化（这可能会有所不同
  从软盘到非常僵硬）
- 平衡不佳
- 减少协调
- 震颤/颤抖（手臂或腿部）
- 失去意识/忽视
  弱点
- 麻木或刺痛
- 降低对温度的认识，
  压力或疼痛
- 难以判断你在太空中的位置
  和物体的距离
- 双重视力
- 眼球震颤：不受控制的左/右或
  上/下眼球运动
- 视野丧失：只能看到部分
  实际上是在看什么
- 对光线敏感，尤其如此
  明亮的阳光
- 极度疲劳/疲劳
- 浓度下降
- 情绪变化
- 行为和个性的变化
- 难以表达自己或发现自己
  很难理解别人。

沟通困难可能令人痛苦和令人沮丧
所以尽快得到演讲的帮助
语言治疗师。 他们可以帮助您沟通
有效。 您和您的家人也知道这一点也很重要
你的智力没有改变。 言语
治疗师还可以帮助解决任何饮食困难。

Activities and Exercising at Home

Recovery of movement continues for a long time after stroke. Once you are home it is important to exercise and practice moving every day. Exercise following stroke has beneficial effects not only on movement and balance but on circulation and the health of the heart. With practice, movements that seem difficult at first become easier.

- It is best to exercise in loose comfortable clothing and no shoes
- Think about the activity before doing it. Planning a movement helps you to do it more easily
- Practice the movement
  - *At first you may need to get the feel of the movement by doing it with your strong side*
  - *When doing it with your weak side, look at that side to make it easier*
  - *Your helper may need to help and guide you to get a better movement*
- Feedback will help you to know how well you are doing
- Find just the right level of effort in order to achieve the movement without strain
- Weak muscles easily become tired if worked too hard. At first don't do more than a few minutes at a time to avoid muscle tiredness
- Frequently after stroke, too much effort causes the muscles on both sides of the joint to tighten so that very little movement actually occurs. Some muscles, especially those of the arm and hand, tend to become particularly tight and will need to be stretched on a daily basis
- Always picture in your mind both sides of your body working together

Correct muscle length is an important part of normal movement. If muscles on one side of a joint are too short those on the other side cannot work well against that resistance. Following a stroke, stiff muscles tend to become shorter and stiffer over time.

Maintaining muscle length as close to normal as possible is therefore essential. This can be done by slow, gentle stretching of tight muscles which allows the opposite muscle group to do its job and move the joint more easily.

If you are having any difficulties or are unsure of the exercises in this booklet please contact your local physiotherapist.

INFORMATION FOR YOUR CARER/HELPER

When helping with these exercises, if you are unsure about whether the movement is correct, try the exercise yourself first. You will then be able to help the person move more normally. Telling the person when it looks correct can also be helpful.

活动和

在家里锻炼

继续恢复运动
中风后很长一段时间。 一旦你
在家锻炼和锻炼很重要
每天练习。 行使
中风后有益
不仅仅是运动和平衡
关于流通和健康
心。 通过练习，动作即可
起初看起来很难变得容易。

- 最好在宽松舒适的环境中锻炼身体
  衣服，没有鞋子
- 在做之前考虑一下活动。
  规划运动可以帮助您实现这一目标
  更容易
- 练习运动
  - *起初你可能需要感受一下*
    通过强有力的一面来做动作
  - *当你的弱侧做的时候，*
    看看那边让它更容易
  - *你的帮助者可能需要帮助和*
    引导你获得更好的运动
- 反馈将帮助您了解情况
  你在干嘛
- 找到合适的工作量
  实现无压力的运动
- 如果，肌肉很容易疲惫
  工作太辛苦了。 起初不要做更多
  一次超过几分钟，以避免
  肌肉疲倦
- 经常在中风后，付出太多努力
  导致两侧肌肉
  关节收紧使得很少
  运动实际发生。 有些肌肉，
  倾向于特别是手臂和手的那些
  变得特别紧张，需要
  每天伸展
- 始终在脑海中想象
  你的身体在一起工作

正确的肌肉长度是重要的
正常运动的一部分。 如果肌肉
在一个关节的一侧太短
那些在另一边不能工作
很好地反对这种阻力。 以下
中风，僵硬的肌肉往往会变成
随着时间的推移越来越短。

保持肌肉长度接近
因此，尽可能正常
必要。 这可以通过缓慢，
温柔的伸展肌肉紧张
允许相反的肌肉群做
它的工作和更容易移动关节。

如果你有任何困难
或者不确定练习
在这本小册子中请联系
你当地的物理治疗师。

Chapter 2

Everyday Activities

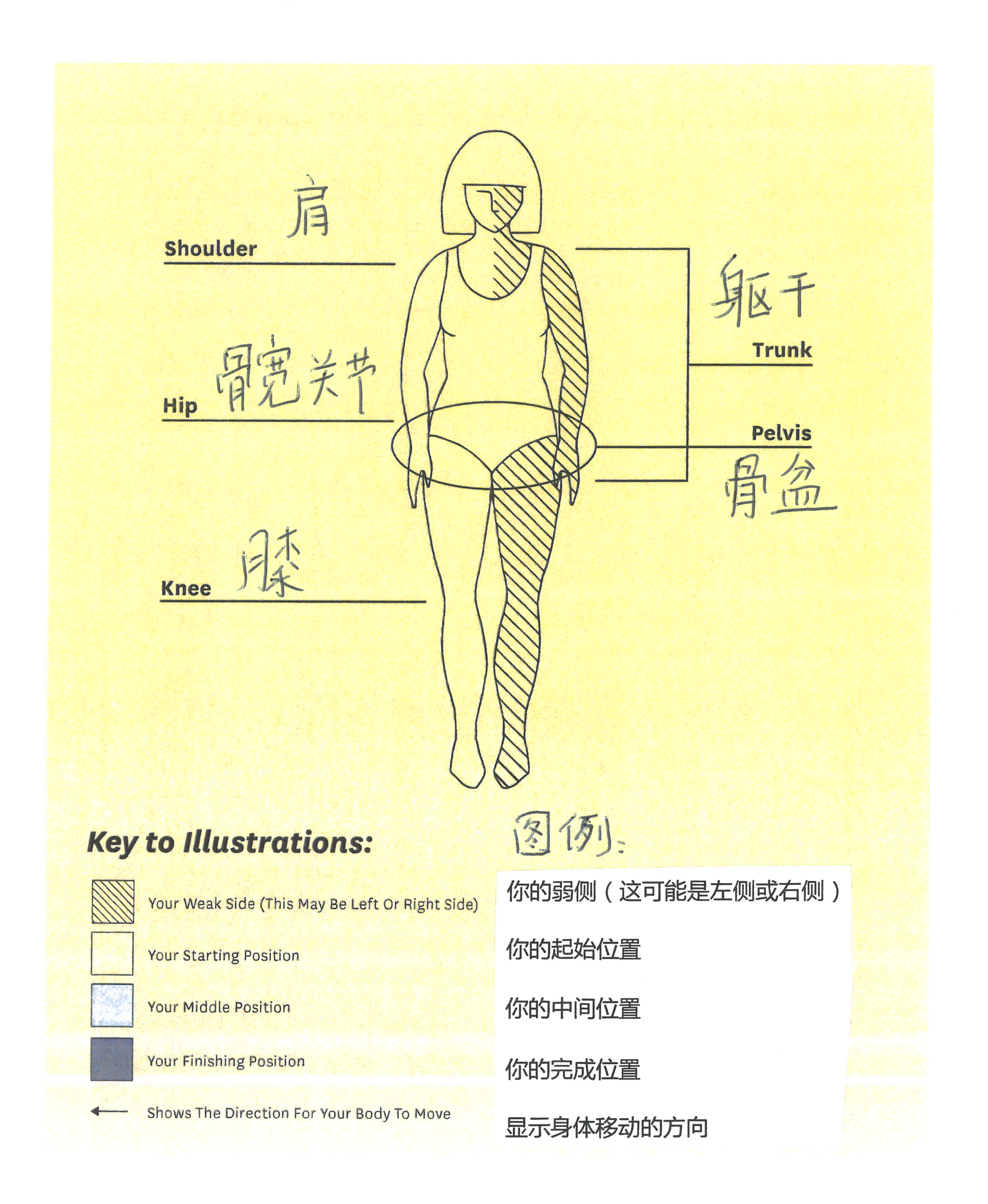
第2章

每天

活动

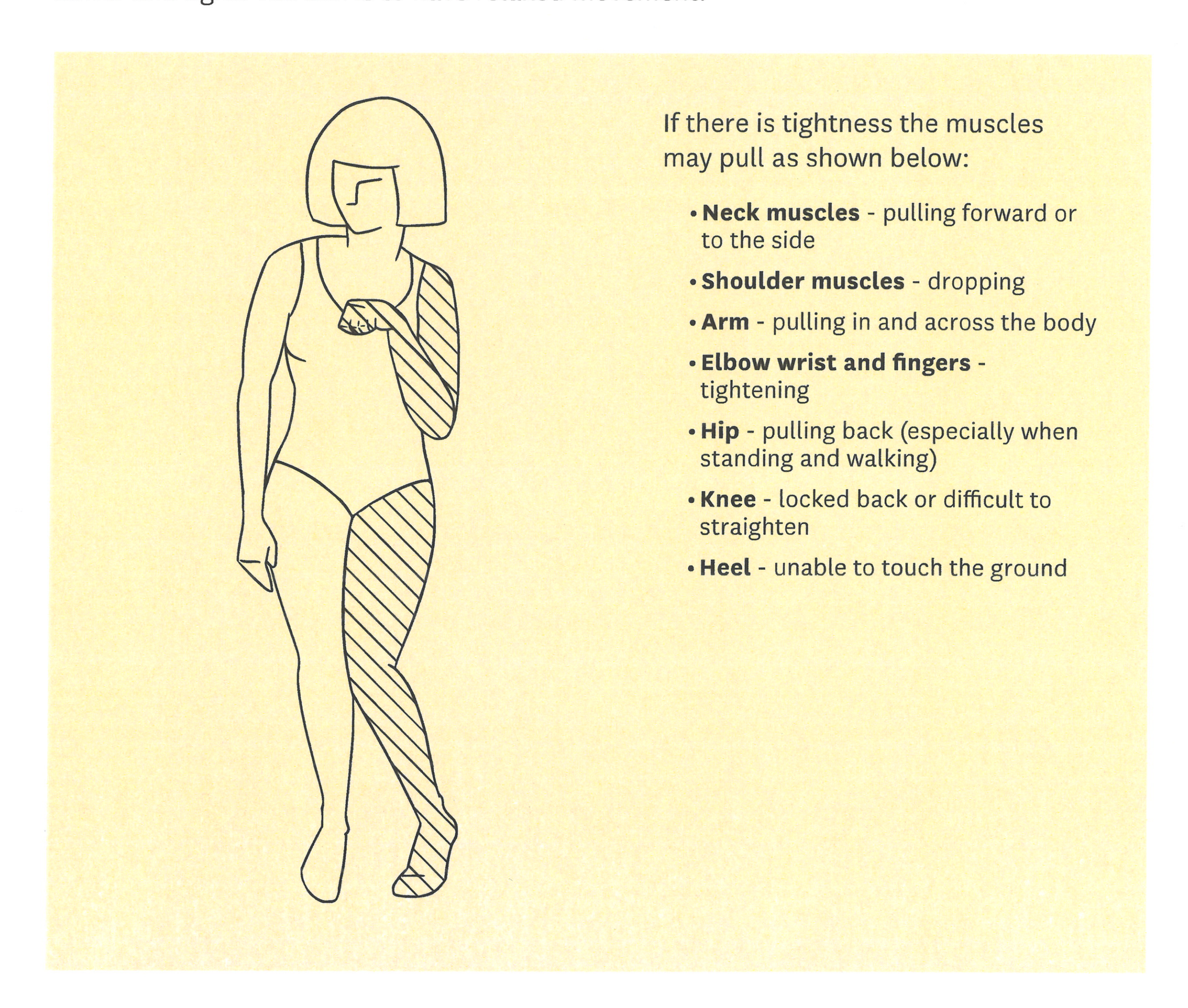
A Guide to the Illustrations

Parts of the Body



Daily Care of your Body

People who have had a stroke can have changes in muscles stiffness - this can vary. Often people are floppy at first and then become stiffer and tight. The aim is to have relaxed movement.



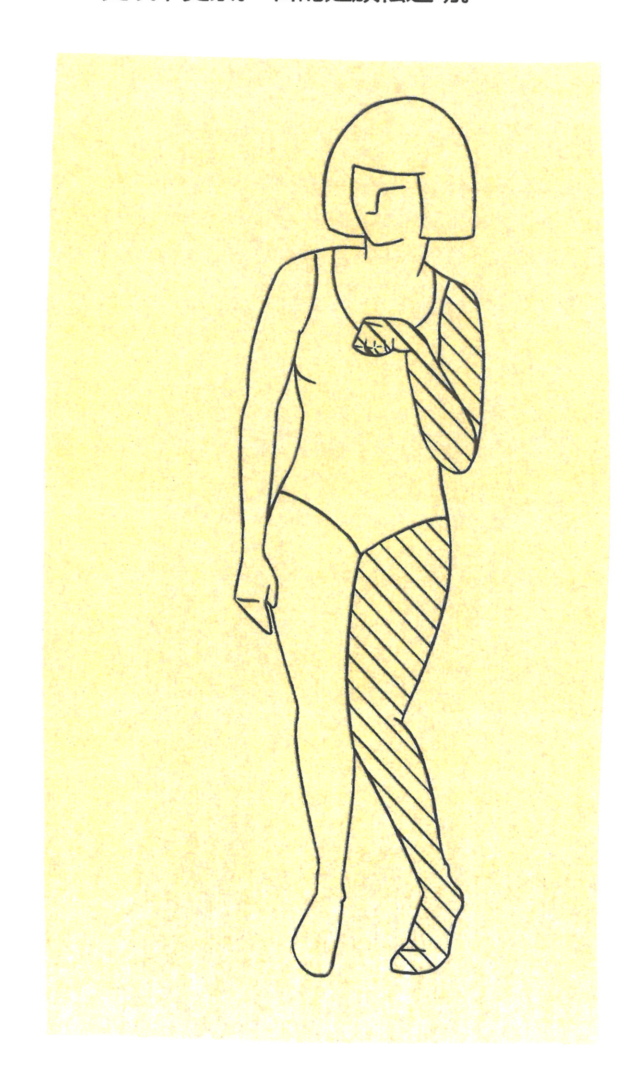
If there is tightness the muscles may pull as shown below:

- **Neck muscles** - pulling forward or to the side
- **Shoulder muscles** - dropping
- **Arm** - pulling in and across the body
- **Elbow wrist and fingers** - tightening
- **Hip** - pulling back (especially when standing and walking)
- **Knee** - locked back or difficult to straighten
- **Heel** - unable to touch the ground

The following pages will show you how to support a weak and floppy side and how to lengthen tight muscles.

日常护理你的身体

中风的人可以改变肌肉僵硬度
- 这可能会有所不同。 通常人们起初会松软，然后变得松软
更硬，更紧。 目的是放松运动。



如果肌肉有紧绷感
如下图所示：

- **颈部肌肉** - 向前或向前拉去旁边
- **肩部肌肉** - 下垂
- **手臂** - 拉入和穿过身体
- **手肘和手指** - 紧缩
- **臀部** - 拉回（特别是当站立和行走）
- **膝盖** - 锁定或难以弄直
- **鞋跟** - 无法触地

以下几页将向您展示如何支持弱者 和松软的一侧，以及如何加长紧张的肌肉。

Everyday Activities

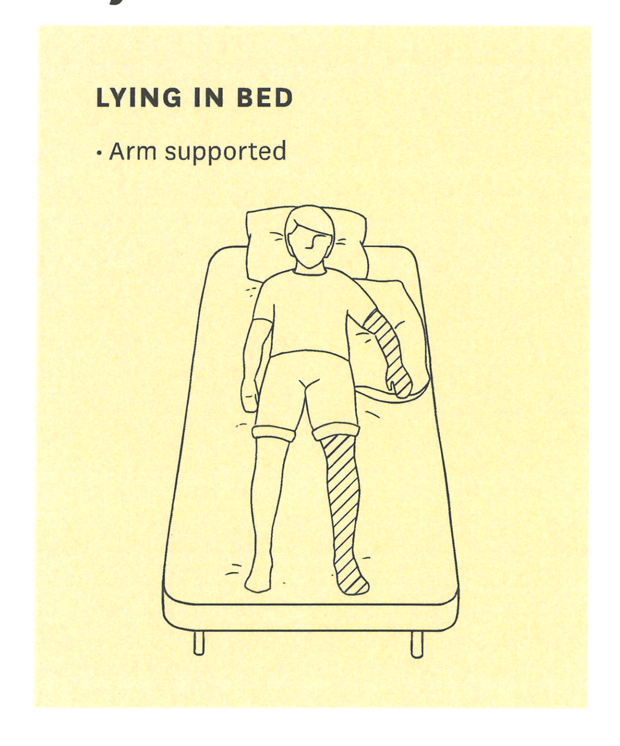
You will need only a bed, chair, and table for most of the exercises in this book. Please ensure the chair is stable. It may need to be against a wall.

Positioning: How to Give Support to your Weak Side



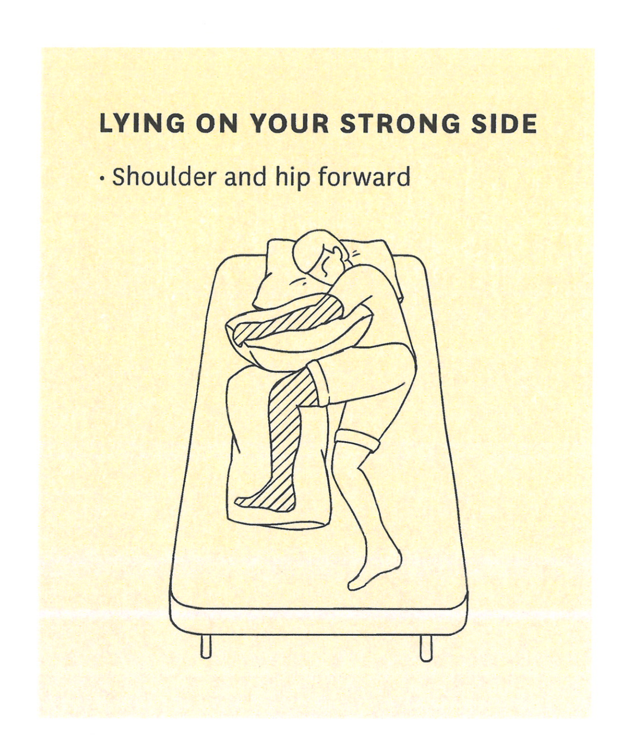
SITTING

- Back supported
- Weak arm supported
- Feet flat on floor



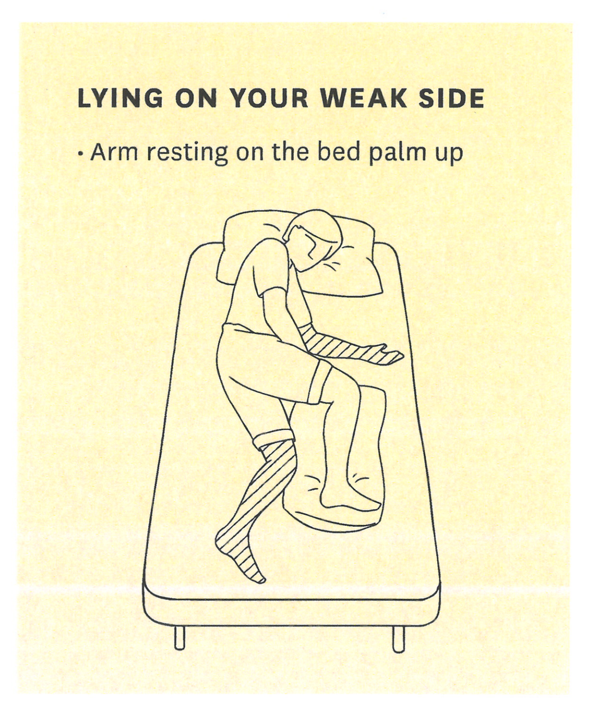
LYING IN BED

- Arm supported



LYING ON YOUR STRONG SIDE

- Shoulder and hip forward



LYING ON YOUR WEAK SIDE

- Arm resting on the bed palm up

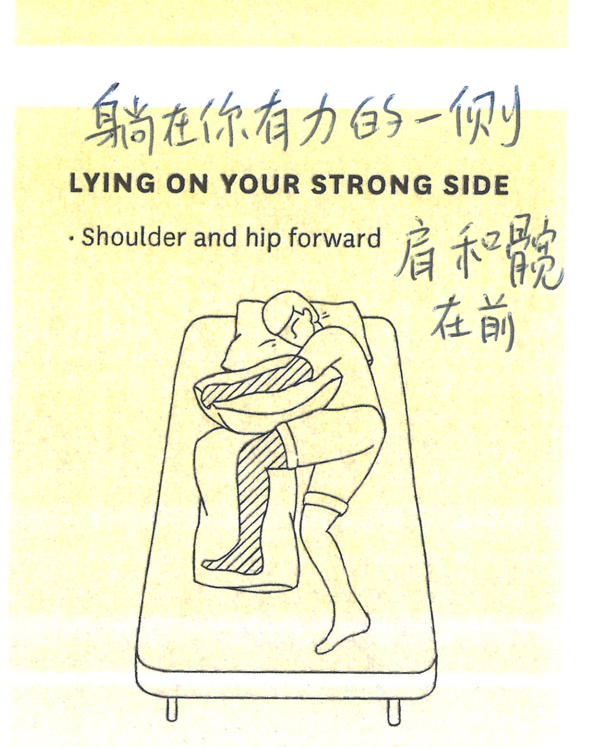
日常活动

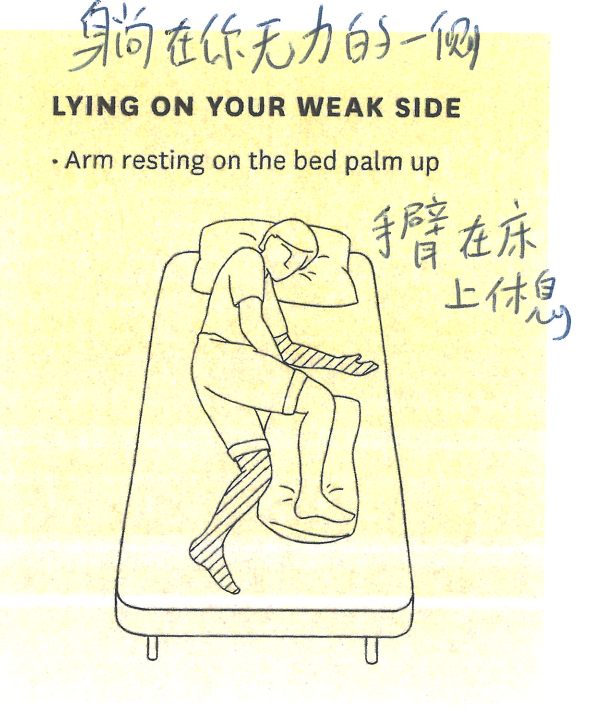
对于大多数练习，您只需要一张床，椅子和桌子书。 请确保椅子稳定。 它可能需要靠墙。

Positioning: How to Give Support to your Weak Side



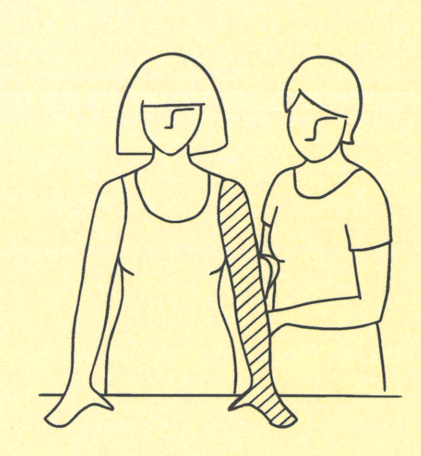






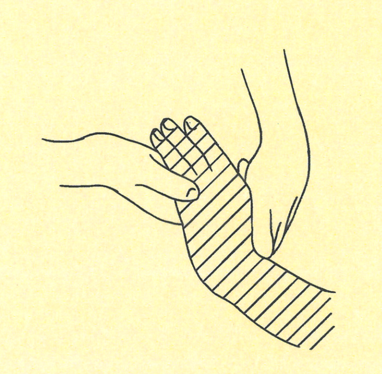
Lengthening your Elbow and Hand Muscles

- Stand next to a table
- Place your weak hand flat on the table with your elbow straight
- If necessary hold your elbow to help straighten your arm
- Gently put weight through your straight arm



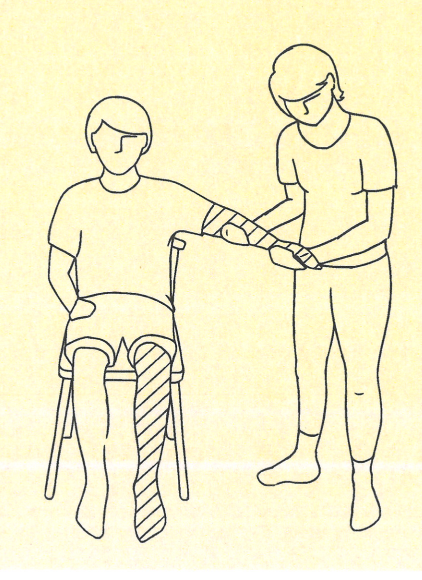
YOUR HELPER CAN

- Slowly work your thumb out
- Stretch your fingers out with your wrist back



YOUR HELPER CAN

- Slowly and gently take your arm away from your side
- Slowly lengthen your chest, shoulder, elbow, and hand muscles
- Do not 'pull' on the shoulder

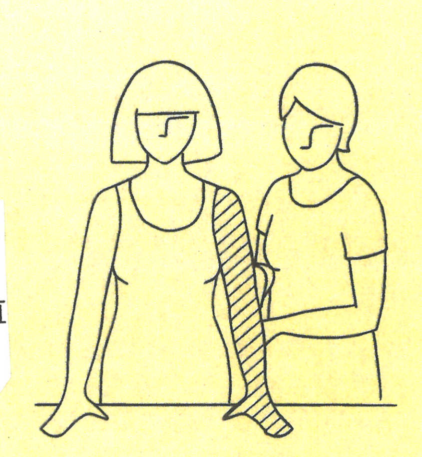


加长你的肘部和手部肌肉

Lengthening your Elbow and Hand Muscles

- Stand next to a table
- Place your weak hand flat on the table with your elbow straight
- If necessary hold your elbow to help straighten your arm
- Gently put weight through your straight arm

- 站在桌子旁边
- 将你的弱手平放在桌子与你的肘部笔直
- 必要时握住肘部帮助伸直你的手臂
- 轻轻放入体重你的直臂

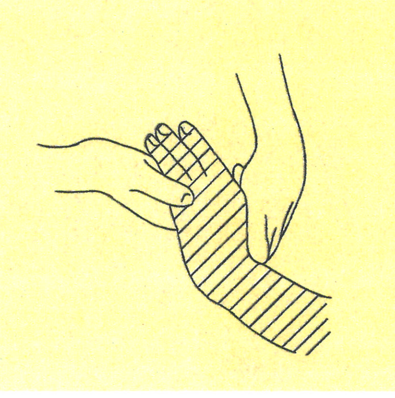


YOUR HELPER CAN

- Slowly work your thumb out
- Stretch your fingers out with your wrist back

你的助手可以

- 慢慢地伸出你的拇指
- 伸出手指用你的手腕背部

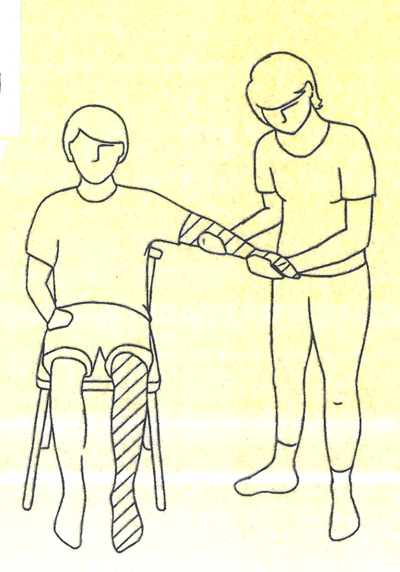


YOUR HELPER CAN

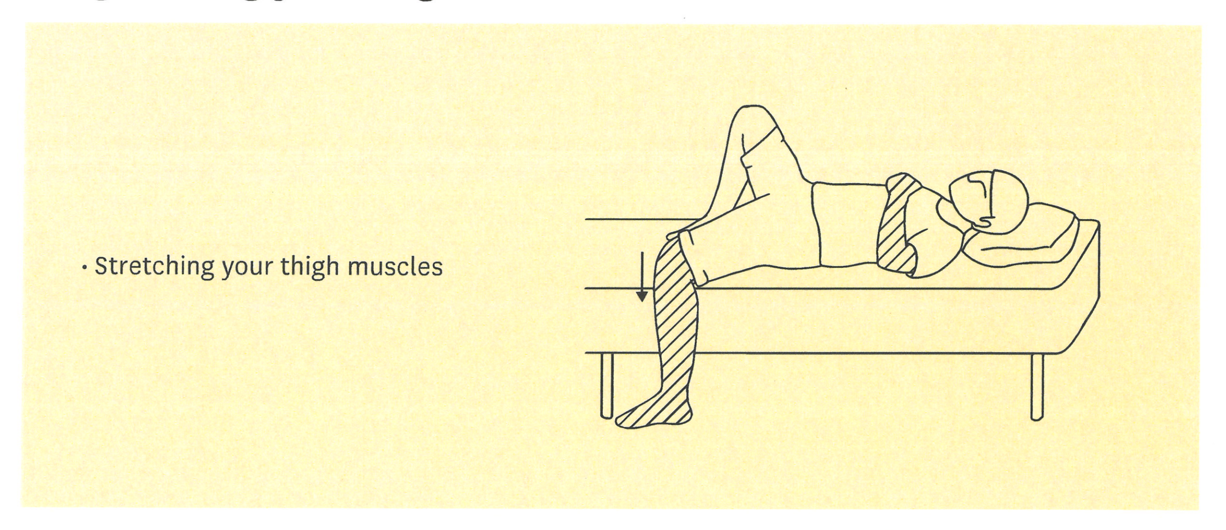
- Slowly and gently take your arm away from your side
- Slowly lengthen your chest, shoulder, elbow, and hand muscles
- Do not 'pull' on the shoulder

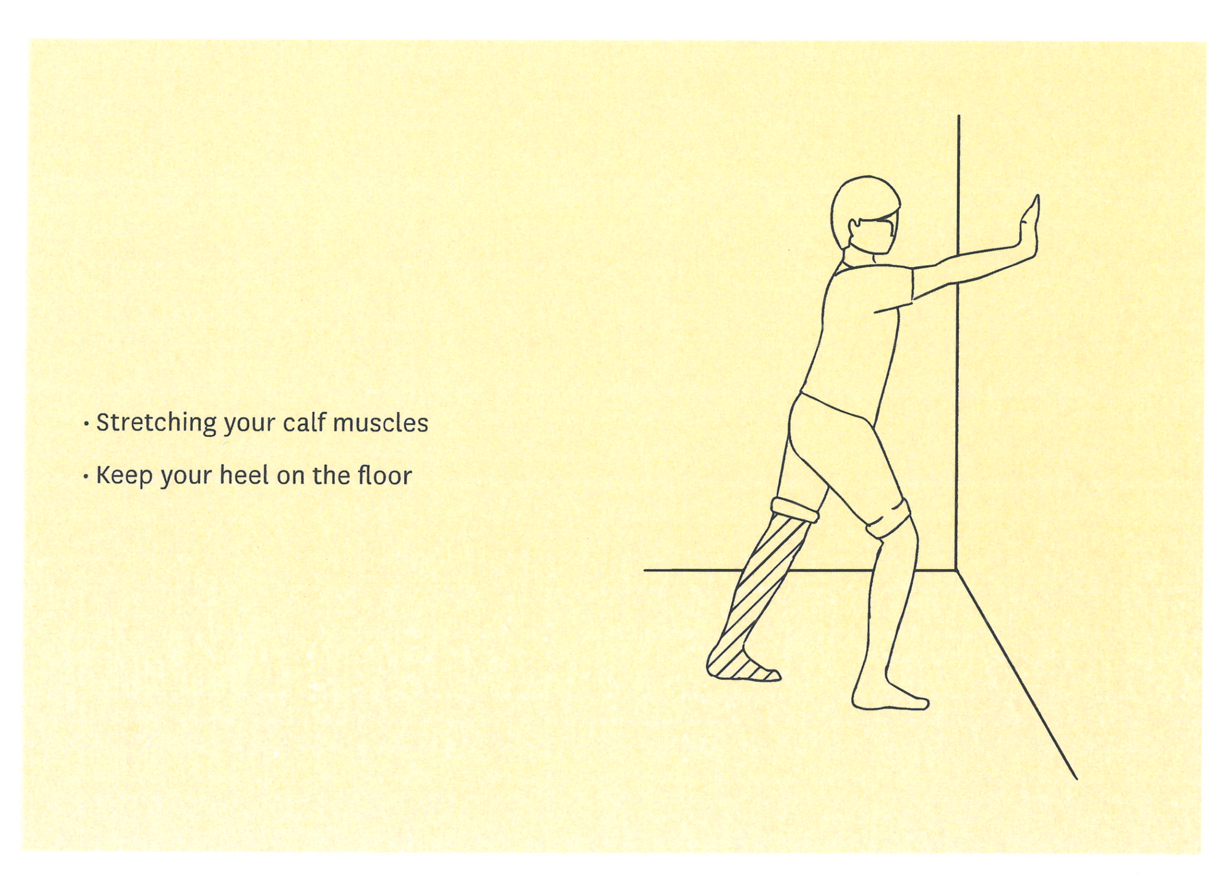
你的助手可以

- 慢慢地，轻轻地拿走你的远离你的身体
- 慢慢拉长胸部，肩部，肘部和手部肌肉
- 不要“拉”肩膀

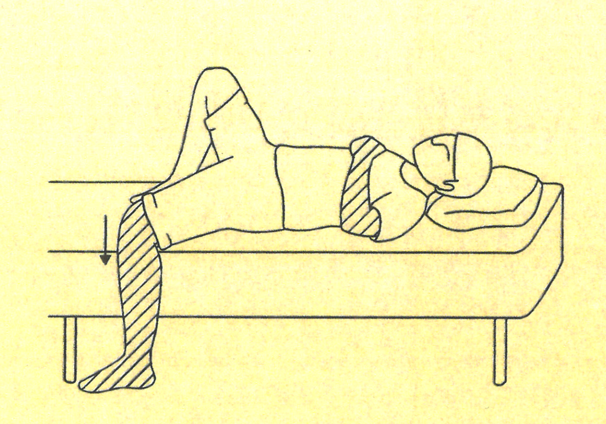


Lengthening your Leg Muscles



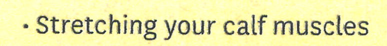


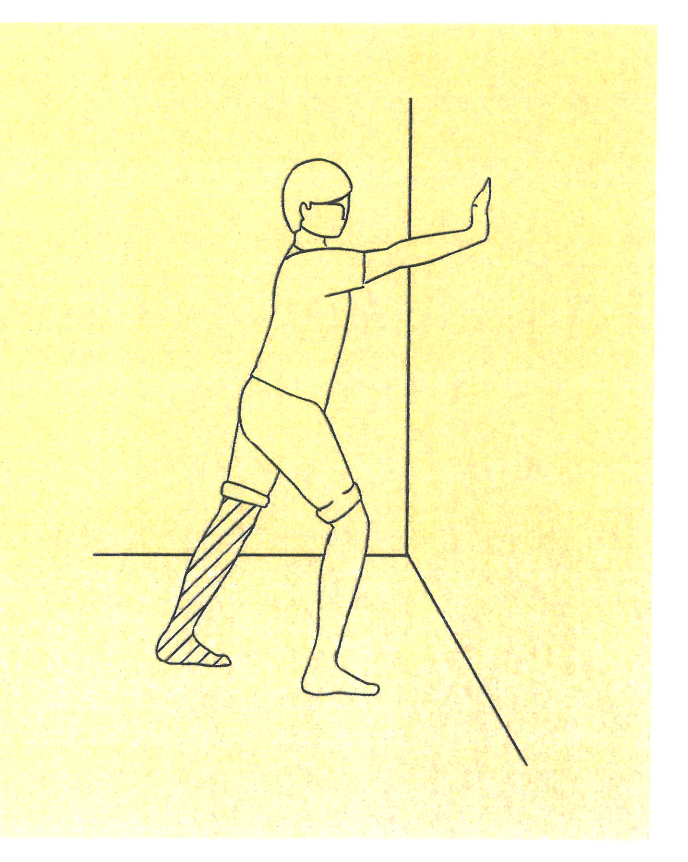
延长你的腿部肌肉



· Stretching your thigh muscles

•伸展大腿肌肉





· Stretching your calf muscles

· Keep your heel on the floor

•伸展小腿肌肉

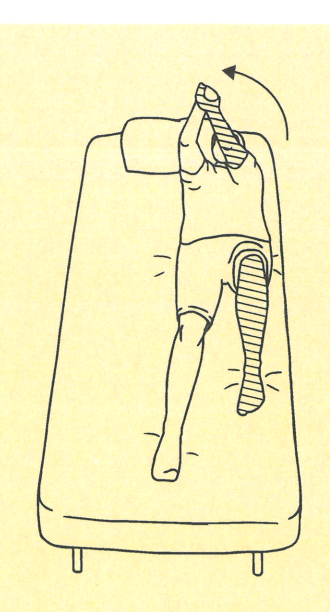
•将脚后跟放在地板上

Rolling onto your Side in Bed

LIE ON YOUR BACK

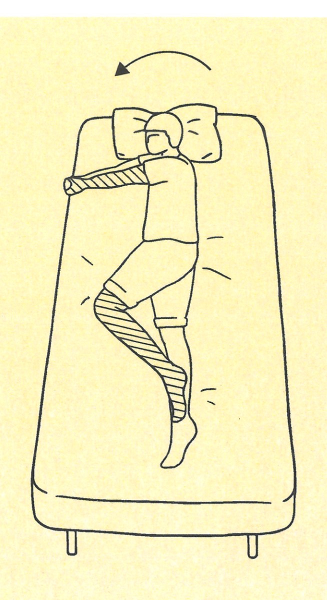
To roll onto your strong side

1. Turn your head towards your strong side
2. Clasp both hands in front of you or bring your weak arm across your body - do not lift your arm up above 90 degrees (shoulder level)
3. Bend your weak leg so that your foot is flat on bed or bend both legs up
4. Push down through your weak foot
5. Roll over



YOUR HELPER CAN

- Clasp your hands and move your arms across your body
- Lift your weak leg up and hold your foot flat on the bed
- Instruct you to "reach forward towards me and roll over"



To roll onto your weak side

1. Raise your head and turn towards your weak side
2. Clasp both hands in front of you
3. Bend your strong leg and keep your foot flat on the bed
4. Push off with your foot
5. Roll your hips and shoulder toward your weak side

在床上滚到你的身边

Rolling onto your Side in Bed

谢谢你

滚到你强大的一面

1.转过头去
你坚强的一面

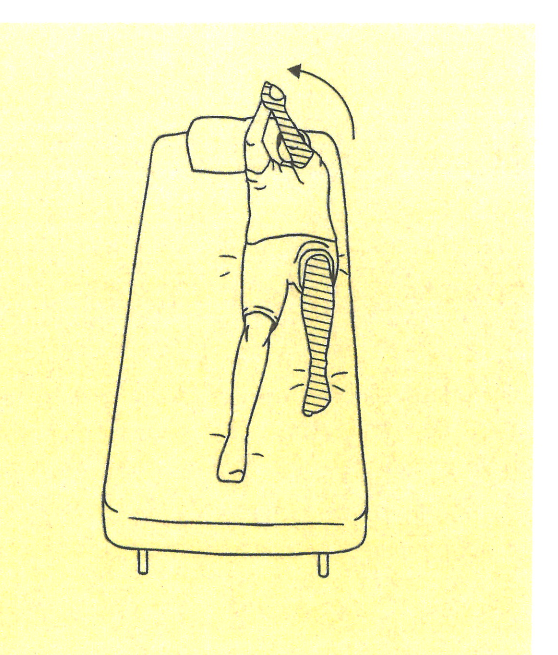
2.双手紧握在你面前
或者将你的弱臂伸过来
你的身体 - 不要抬起你的手臂
90度以上（肩高）

弯曲你的脚，使你的脚弯曲
平躺在床上或双腿向上弯曲

4.向下推动你的弱脚

翻身

ot



你的助手可以

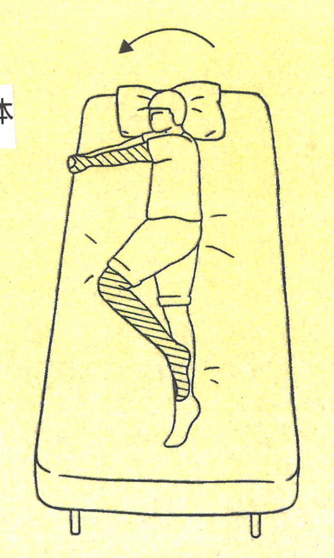
•扣紧双手并移动
你的手臂穿过你的身体

•抬起弱腿并握住
你的脚平放在床上

•指导您“向前迈进
对我来说并翻身”

YOUR HELPER CAN

- Clasp your hands and move your arms across your body
- Lift your weak leg up and hold your foot flat on the bed
- Instruct you to “reach forward towards me and roll over”



To roll onto your weak side

1. Raise your head and turn towards your weak side
2. Clasp both hands in front of you
3. Bend your strong leg and keep your foot flat on the bed
4. Push off with your foot
5. Roll your hips and shoulder toward your weak side

滚到你的弱点

1.抬起头转向你的弱侧

2.双手紧握在你面前

弯曲你的腿，保持脚平放在床上

4.用脚推开

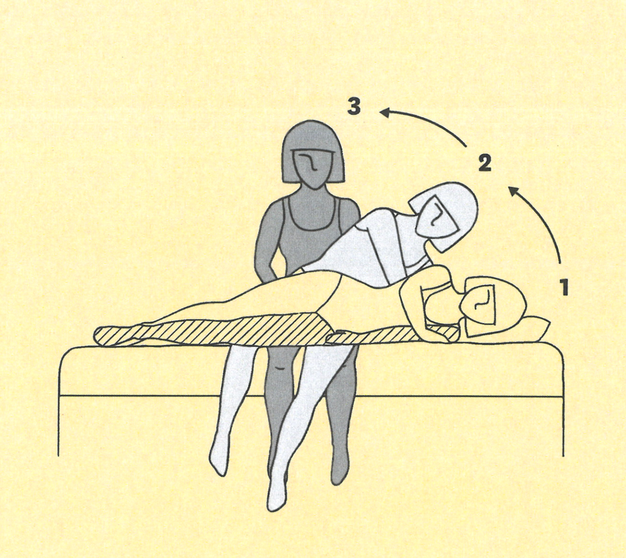
5.将臀部和肩膀向弱侧滚动

Moving from Lying to Sitting on the Side of the Bed

1. Roll onto your weak side. Keep your weak arm and leg well forward
2. Carefully swing both legs over the side of the bed
3. Push up with your strong arm
4. If you can help with your weak arm do so
5. Your strong leg can help your weak leg if needed, by lifting it from the ankle

YOUR HELPER STANDS FACING YOU AND CAN

- Help to move your legs over the edge of the bed

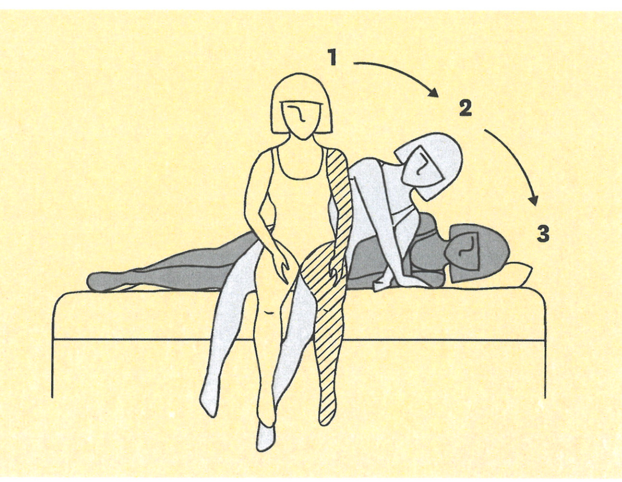


Moving From Sitting on the Side of the Bed to Lying Down

1. Lean toward your weak side
2. Lower yourself down slowly on your weak arm
3. Swing your feet up onto the bed so that you are now lying on your side

YOUR HELPER CAN

- Lift your feet up onto the bed



Alternative Method

It may be easier to go down on to the STRONG side

1. Lean down towards your strong side
2. Lower yourself down slowly onto your strong arm
3. Swing your feet up on to the bed

从躺着走到坐在床边

Moving from Lying to Sitting on the Side of the Bed

1.滚到你的弱侧。 保持你的
手臂和腿部无力向前

your

2.小心地摆动双腿
在床边

3.用你的手臂向上推

如果你可以帮助你
弱臂这样做

你的强壮腿可以提供帮助
如果需要你的弱腿
从脚踝抬起它

你的帮助立场
面对你和你

r

•帮助双腿移动
床的边缘



从坐在床边转向躺下

Moving From Sitting on the Side of the Bed to Lying Down

1.倾向于你的弱点

side

2.慢慢降低自己
在你的弱臂上

wly

3.将脚向上摆动到床上
你现在躺在你身边

the bed so
n your side

你的助手可以

· L •将双脚抬起到床上 ed

Alternative Method

It may be easier to go down
on to the STRONG side

1. Lean down towards your strong side
2. Lower yourself down slowly
   onto your strong arm
3. Swing your feet up on to the bed

替代方法

下去可能更容易
在STRONG方面
强壮

1.倾向于你强大的一面

2.慢慢降低自己
在你强壮的手臂上

3.将双脚向上摆到床上

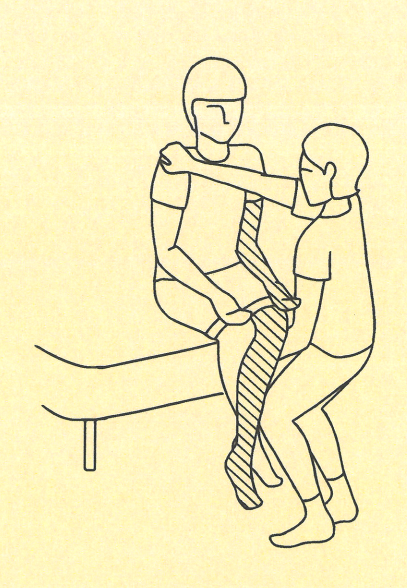
Lying Down with Help

YOUR HELPER

- Stands side on to the bed with their outside leg forward
- Places their arm across your chest to hold onto your far shoulder

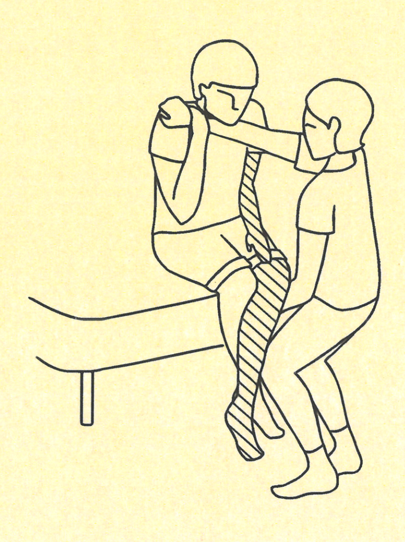
YOU

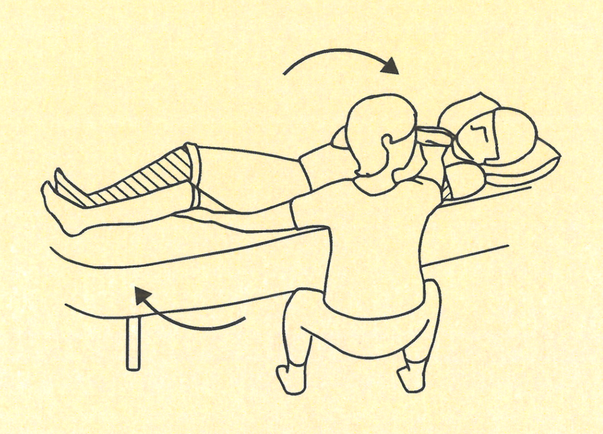
- Hold onto the helper's arm with two hands if possible or just use your strong hand



YOUR HELPER THEN

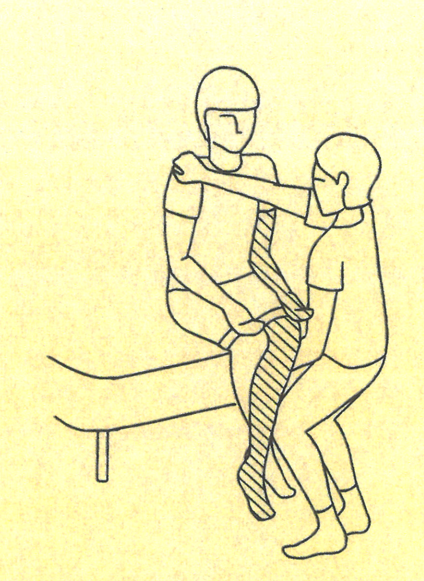
- Tips you slowly sideways towards the head of the bed and this will help your legs to start moving upwards
- Helps you swing your legs up onto the bed by using the back of their arm





躺着帮助

Lying Down with Help



你的帮助 (助手)

- 站在床边
  他们的外侧腿向前

- 将手臂放在胸前
  抓住你的远肩

d with

our ch est
ulder

您

- 抓住助手的手臂
  尽可能用两只手或
  只要用你强有力的手

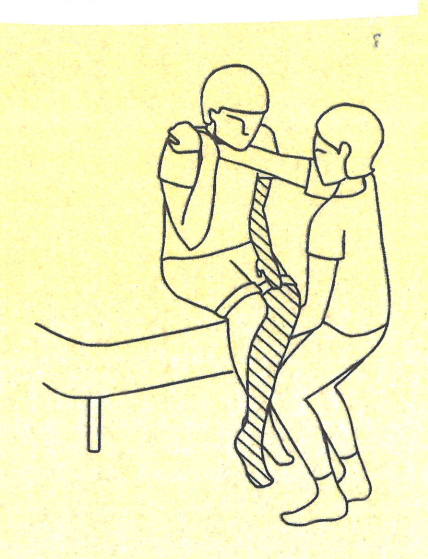
arm
ple or
nd

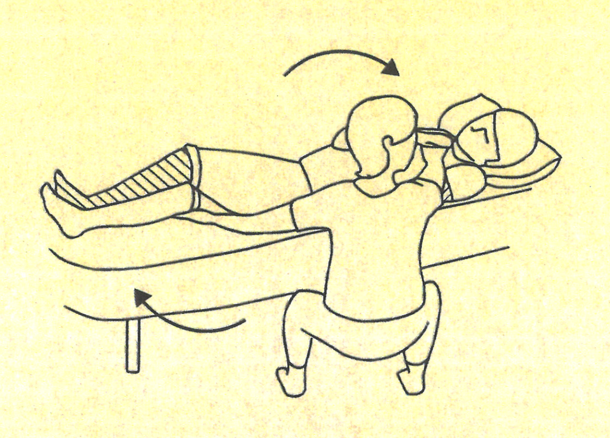
你的帮助那么 (助手)

- 提示你慢慢地侧向床头
  这将有助于你的双腿开始向上移动

- 帮助您将双腿向上摆动
  通过使用他们的手臂的床

he head of the bed
moving upwards
the





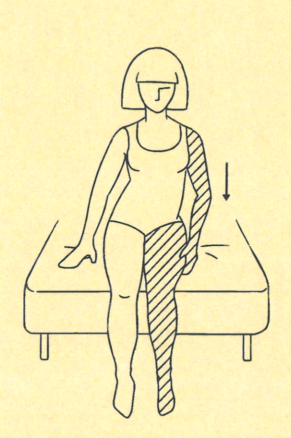
How to Balance while Sitting

You may have difficulty sitting. You may fall towards your weak side, take too much weight on your strong side, or fall backwards. In order to sit up straight it is important to know where the mid-line of your body is. Try using a mirror (though some people find this confusing rather than helpful).

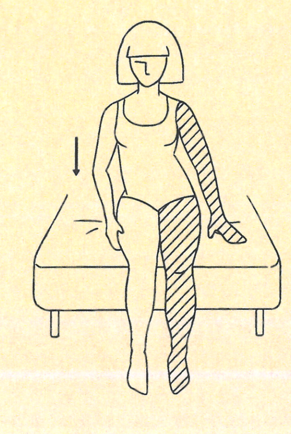
If it is still difficult to sit in the mid-line it could be due to:

- Being either too weak, too stiff, or fearful
- Left-sided neglect (when you "forget" about the weak side, cannot feel it, look away from it)
- Difficulty understanding where your body should be in space

1. Sit on the side of the bed with your feet on the floor or supported
   - *Find the mid-line, sit as straight as possible*
   - *Move from one side of your bottom to the other so that you are slightly 'off centre'*



2. Lean forward and back



如何平衡坐着

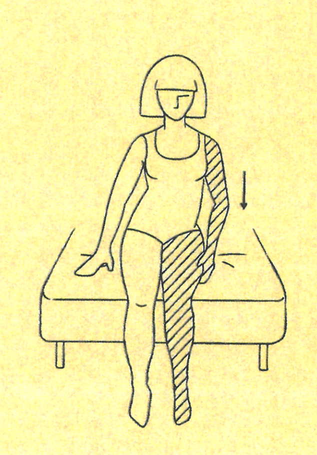
你坐着可能有困难。 你可能会落到你的弱点，也可能在你强壮的一面，或倒退的重量。 为了坐直了解身体中线的位置非常重要。 尝试使用镜子（虽然有些人发现这令人困惑而不是有帮助）。

如果仍然难以坐在中线，可能是由于：

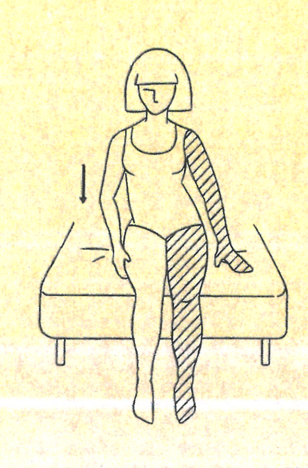
- 要么太弱，要么太僵硬，要么太可怕
- 左倾忽视（当你“忘记”弱侧时，感觉不到，远离它）
- 难以理解你的身体在太空中的位置

1.坐在床边
双脚放在脚上
地板或支持

- *找到中线，坐下来尽可能直*
- *从你的一侧移动到底是为了那个你有点“偏离中心”*

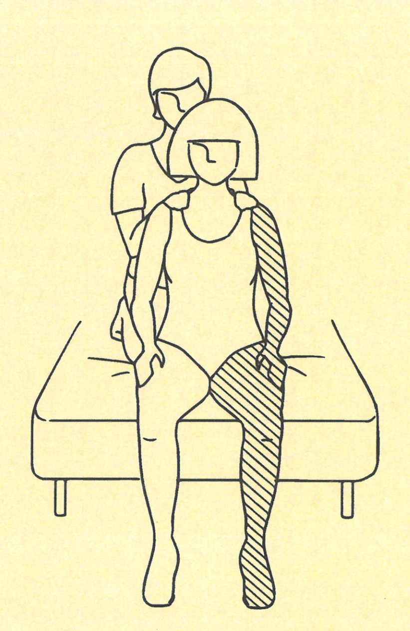


2.向前和向后倾斜



YOUR HELPER MAY NEED TO HELP YOU TO:

- Recognize the mid-line position by pushing down gently onto your shoulders when you are straight
- Move yourself from one side of your bottom to the other (keeping your shoulders level) so that you get the 'feel of the movement'
- Lean forward and back



1. While you sit straight and still your helper can:

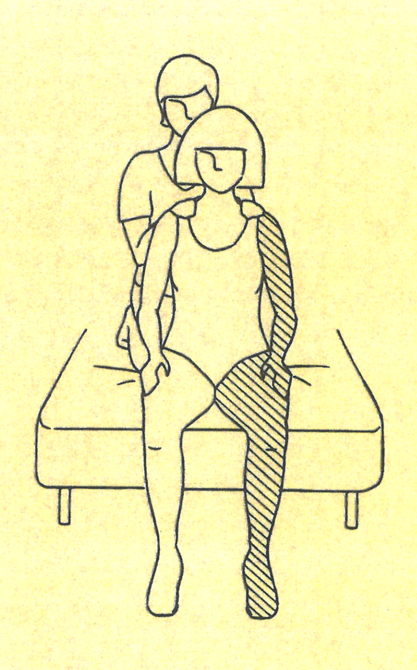
- Say "Don't let me move you" while gently pushing your shoulders
  - *To the left and then to the right while you resist*
  - *Forward and then backward while you resist*
  - *Twisting to the left and to the right around the mid-line*

您的助手可能需要帮助你：

- 认识到中线位置 通过轻轻推下你的 当你挺直时肩膀
- 从一侧移动自己 你的底部到另一个（保持 你的肩膀水平）这样你 得到'运动的感觉'
- 向前和向后倾斜

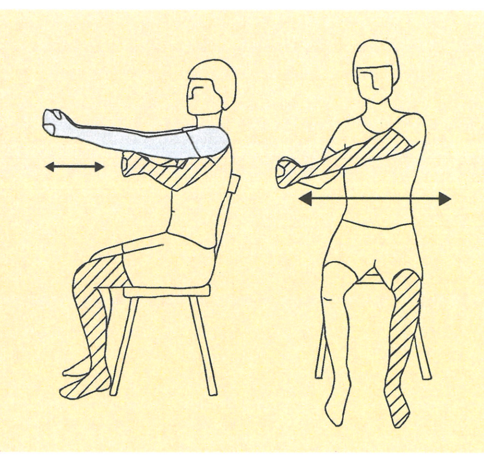
当你坐直的时候 你的助手仍然可以：

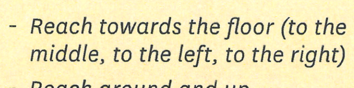
- 说“不要让我感动你” 轻轻推开你的肩膀
  - *向左，然后到 就在你抗拒的时候*
  - *前进然后后退 而你抵抗*
  - *向左和向左扭曲 就在中线附近*



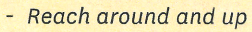
Exercises while Sitting

1. Clasp your hands together and move your body and arms to
   - *Reach forward and back*
   - *Reach to the left and then to the right*

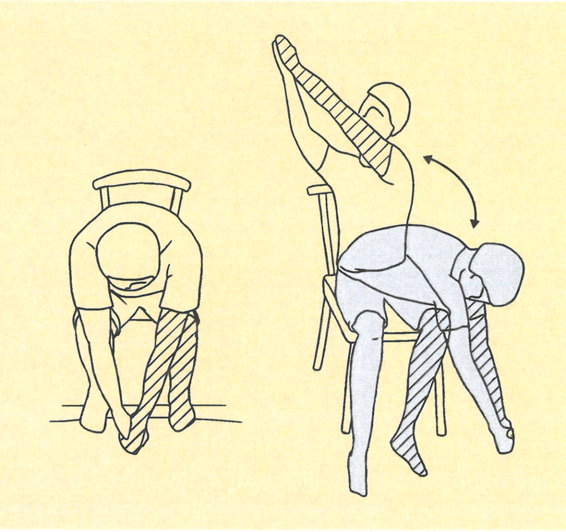




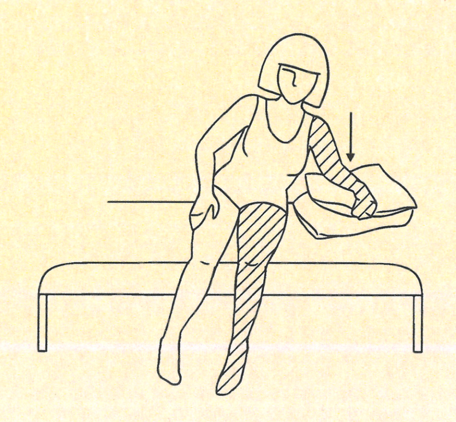
- *Reach towards the floor (to the middle, to the left, to the right)*

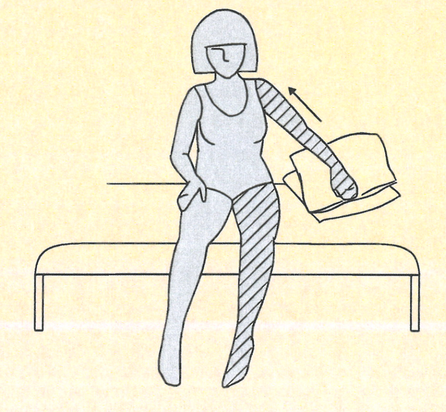


- *Reach around and up*



2. Lean to the side (elbow onto two pillows) then push through your arm to sit up straight



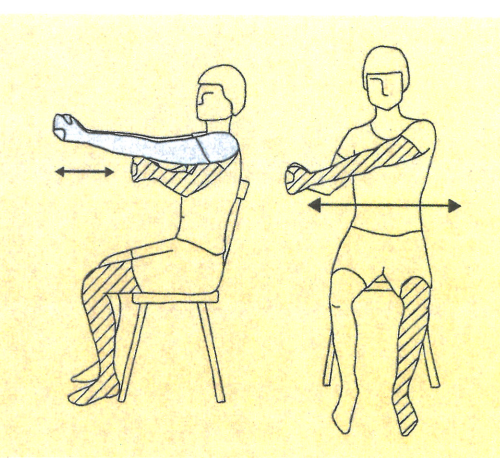


坐着练习

Exercises while Sitting

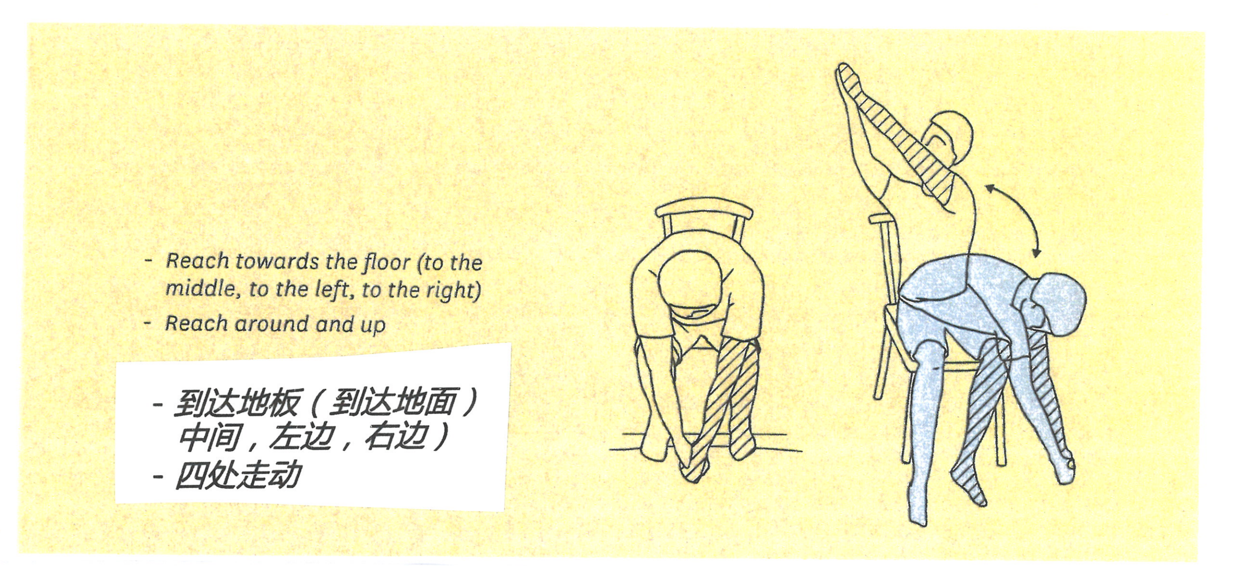
1. Clasp your hands together and move your body and arms to
   - *Reach forward and back*
   - *Reach to the left and then to the right*

1.将双手合在一起
移动你的身体和手臂
- *前进和后退*
- *到达左边然后到右边*

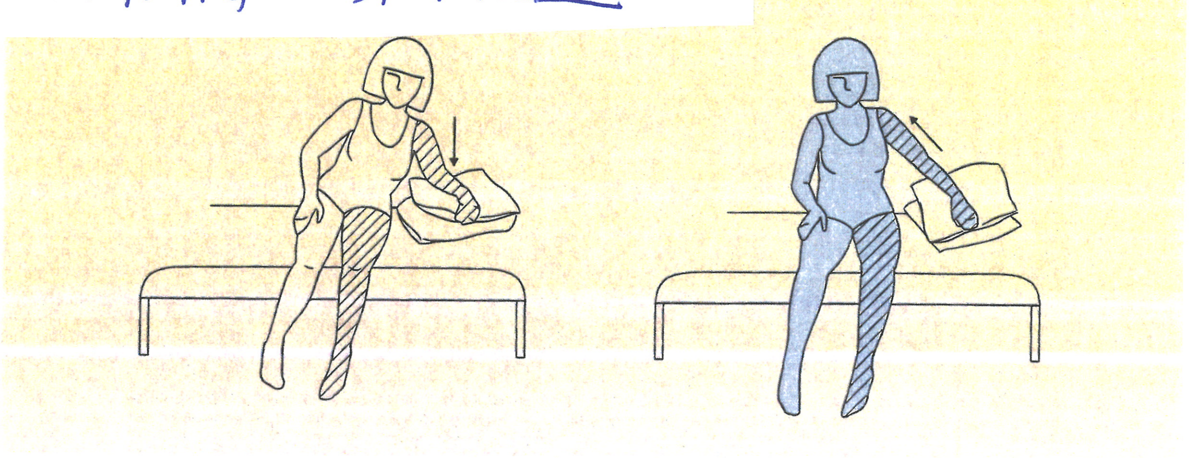


- *Reach towards the floor (to the middle, to the left, to the right)*
- *Reach around and up*

- *到达地板（到达地面）中间，左边，右边）*
- *四处走动*



侧向一边(手臂在两个枕头上)
然后推胳膊让身体坐正



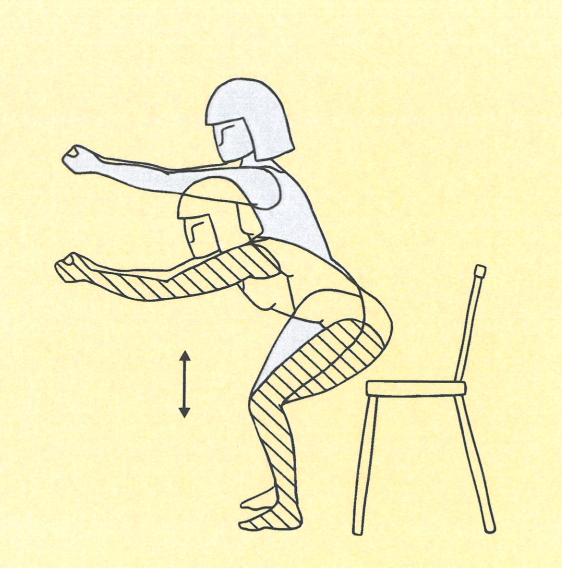
How to Stand Up from a Bed or Chair

If you have a very floppy arm it will need to be supported with a sling. A higher chair is often easier to begin with.

WITHOUT HELP

1. Move forward to the front half of the bed (or chair) by shuffling forward
2. Link your hands together or use your strong arm to push up
3. Have your feet shoulder width apart, well back and flat on the floor
4. Bend forward at the hips (bring your nose over your toes)
5. Reach forward
6. Push through your legs to stand up (equal weight on both feet)

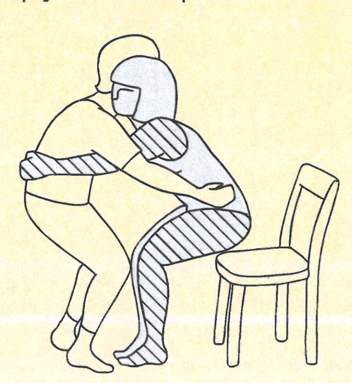
You may feel safer practising sitting to standing with a table in front of you

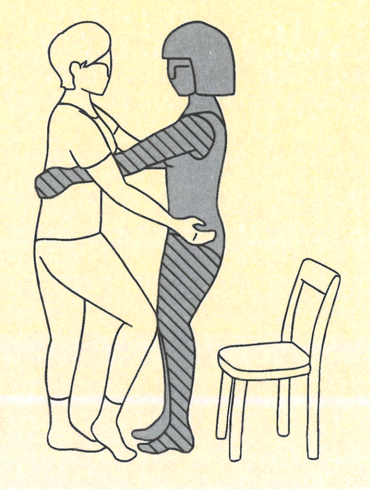


YOUR HELPER CAN

1. Help you to move forward in the chair
2. Put your arms around their waist
3. Steady your shoulders to help you stand up
4. Block your knees in front or stand in a 'lunge position - one foot in front of the other' and shift their weight back as they help you stand up







如何从床上或椅子上站起来

如果你的手臂非常松软，则需要支持它
带吊带 较高的椅子通常更容易开始。

没有帮助

1.向前移动到前半部分
通过向前推进床（或椅子）

2.将双手连在一起或使用
你强壮的手臂向上推

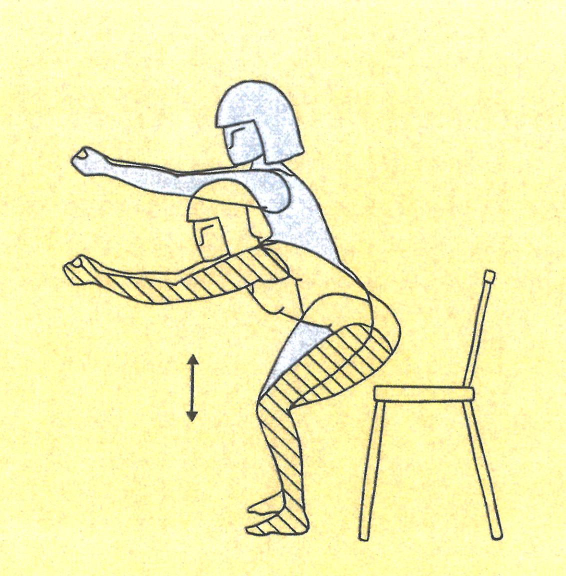
3.双脚分开，
好好回来，平放在地板上

向前弯曲臀部（带上
你的鼻子在你的脚趾上）

5.向前迈进

6.推动你的腿站立
向上（双脚重量相等）

练习坐着可能会感觉更安全
站在你面前的一张桌子



你的助手可以

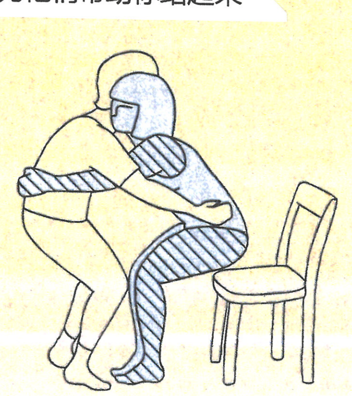
1.帮助您在椅子上前进

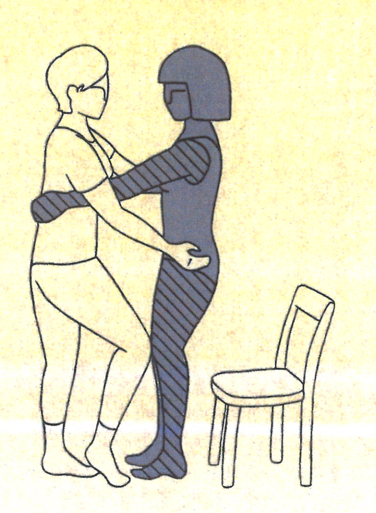
2.双臂抱在腰上

3.稳固你的肩膀，帮助你站起来

4.将膝盖挡在前面或站在“弓步”中
位置 - 一只脚在另一只脚前面并且转移
他们的体重回来了，因为他们帮助你站起来

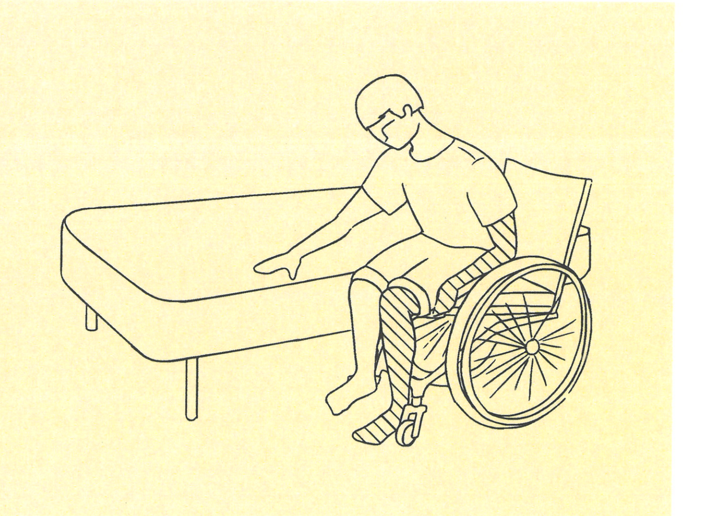






Transferring into Bed from a Wheelchair

1. Have the chair as close to the bed as possible and positioned so that your strong side is next to the bed
2. Come forward in the chair
3. Put your hand on the bed
4. As you start to stand up, turn and step with your strong leg
5. Sit down



Transferring Out of Bed into a Wheelchair

1. The position of the chair is changed so that your strong leg always leads



Transferring In and Out of a Car

1. Have the wheelchair alongside the car
2. Have the car seat back as far as possible
3. Have the car window wound down so that if necessary you can hold onto the window frame
4. Stand up from the wheelchair
5. Step around and sit on the seat sideways
6. Lift your legs into the car

从轮椅转移到床上

Transferring into Bed from a Wheelchair

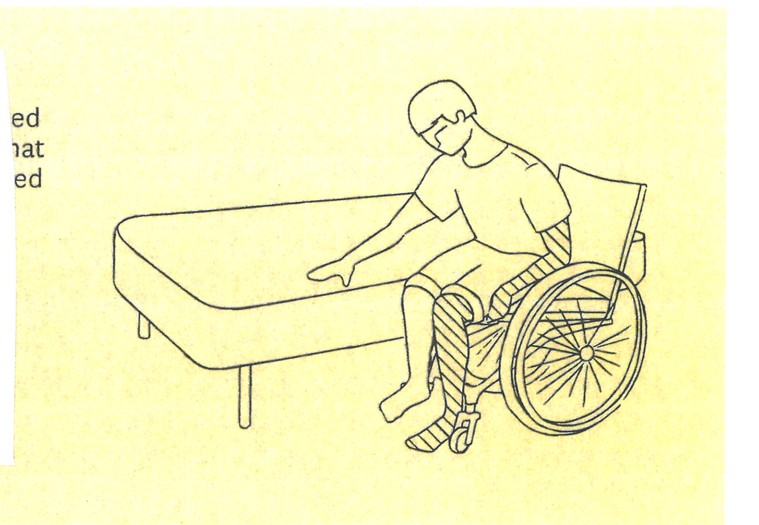
1.让椅子靠近床
   尽可能地定位以便
   你强壮的一面就在床边

2.坐在椅子上

3.把手放在床上

当你站起来，转身
   并坚定你的腿

坐下

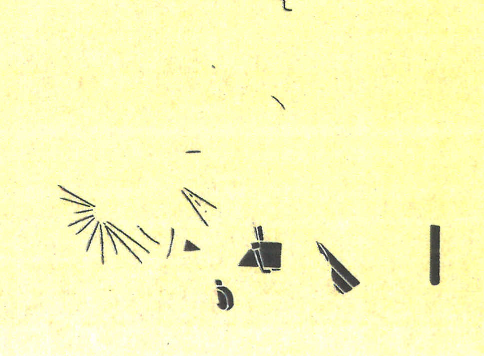


从床上转移到轮椅上

Transferring Out of Bed into a Wheelchair

1. The position of the chair is changed so that your strong leg always leads

1.改变了椅子的位置
   这样你的强壮腿始终~~领先~~ 在前面



Transferring In and Out of a Car

出入汽车

1. Have the wheelchair alongside the car
2. Have the car seat back as far as possible
3. Have the car window wound down so that if necessary you can hold onto the window frame
4. Stand up from the wheelchair
5. Step around and sit on the seat sideways
6. Lift your legs into the car

把轮椅放在车旁边

2.尽量让汽车安全座椅靠背

3.如果车窗被打开，请将车窗放下
   必要的你可以抓住窗框

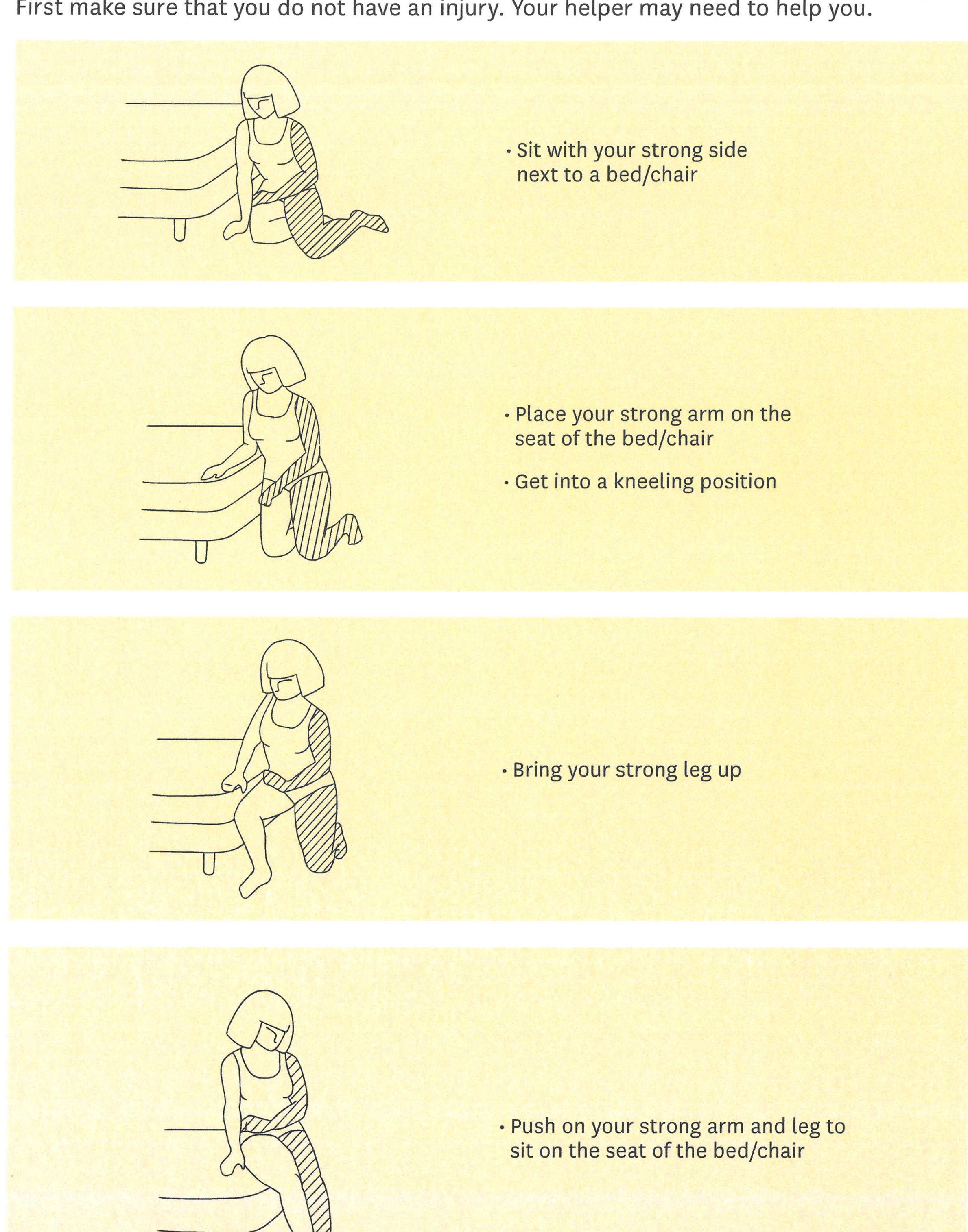
4.从轮椅上站起来

绕过座位并坐在座位上

6.抬起双腿进入车内

Getting Up from a Fall

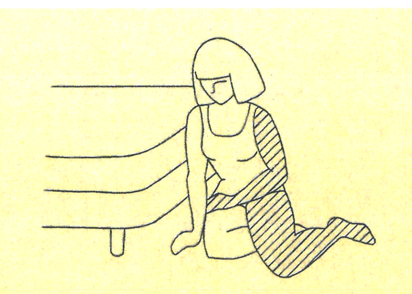
First make sure that you do not have an injury. Your helper may need to help you.



从跌倒中爬起

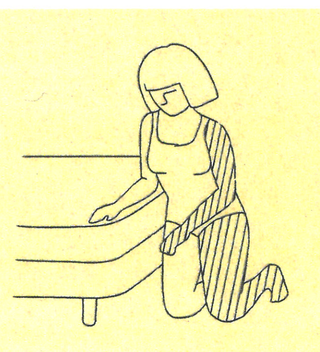
Getting Up from a Fall

首先确保你没有受伤。 你的帮助者可能需要帮助你。ur helper may need to help you.



- Sit with your strong side next to a bed/chair

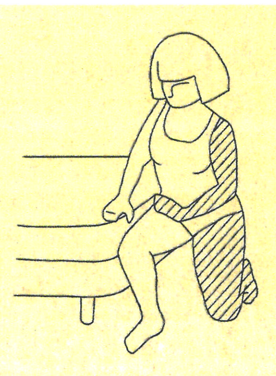
•坐在你坚强的一面
在床/椅子旁边



- Place your strong arm on the seat of the bed/chair
- Get into a kneeling position

•将强壮的手臂放在上面
床/椅子的座位

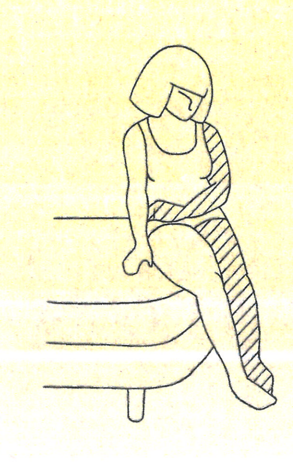
•进入跪姿



- Bring your strong leg up



•带上你强壮的腿起来



- Push on your strong arm and leg to sit on the seat of the bed/chair

•将强壮的手臂和腿推到
坐在床/椅子的座位上

Chapter 3

Exercises for Strength and Control

第3章

演习

为了力量

和控制

Exercises for Strength and Control

It is important to select the right exercise for your stage of recovery. If you have doubts about what you can do, stick to the simple basic exercises and work on them until you are confident that you are doing them correctly. Only then should you move on to the next level.

The number of times you can repeat an exercise depends on your ability at the time. Often at the beginning, 3 repetitions will be all you can do. Rest for 20 seconds and try again. Aim to increase to 10 repetitions. Avoid fatigue.

There are many ways to improve strength and awareness of your weak side. If you have good recovery of movement and can do most basic activities, strengthening can be done by using equipment such as weights. Some people like using gym equipment.

There is often a pattern of recovery which results in some muscles working quite well and others poorly or not at all. Exercise should be directed toward strengthening specific movements. An arm or leg that has increased muscle stiffness requires early stretching and positioning.

34

力量练习

和控制

选择正确的练习很重要
为你的恢复阶段。 如果你有
对你能做什么的怀疑，坚持
简单的基本练习和工作
直到你对自己充满信心
正确地做到了。 只有这样
你应该进入下一个级别吗？

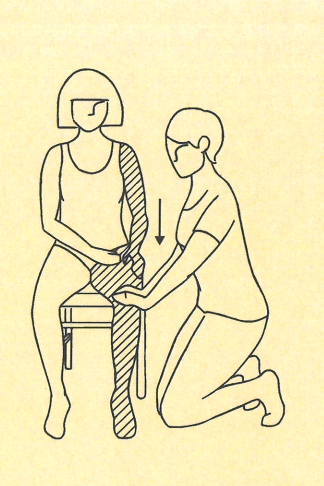
您可以重复的次数
锻炼取决于你的能力
当时。 通常在开始时，3
重复将是你所能做的一切。 休息
持续20秒，然后再试一次。 目标是
增加到10次重复。 避免疲劳。

有很多方法可以提高力量
并意识到你的弱点。 如果
你有很好的恢复运动
并且可以做大多数基本活动，
强化可以通过使用来完成
重量等设备。 一些
人们喜欢使用健身器材。

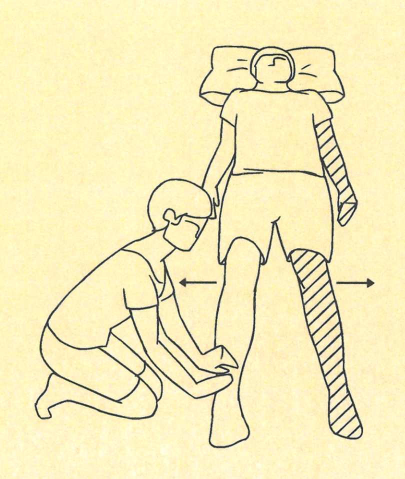
通常有一种复苏的模式
这导致一些肌肉工作
很好，其他人很差或没有
一点都不 应该指导锻炼
加强具体
动作。 有胳膊或腿的
肌肉僵硬需要增加
早期伸展和定位。

If it is hard for you to start a movement due to weakness then a physiotherapist can help you with the following:

- Press down through your arm, leg, or body to help muscles work and improve sensation and awareness of your arm and leg



- Use 'overflow' from strong to weak muscles (do the movement with both sides of your body. Your helper prevents your strong side from moving so that there is overflow of movement to the weak side)



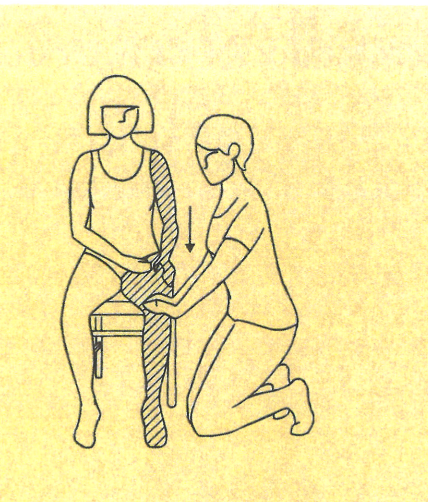
- Use different textures on your skin (rough, smooth, soft, hard) to help you to 'feel' and make you more aware of your sensation or stroke your weak arm firmly with your strong one

If it is hard for you to start a movement due to weakness then a physiotherapist can help you with the following:

如果你很难开始运动
由于弱点，然后物理治疗师
可以帮助您解决以下问题：

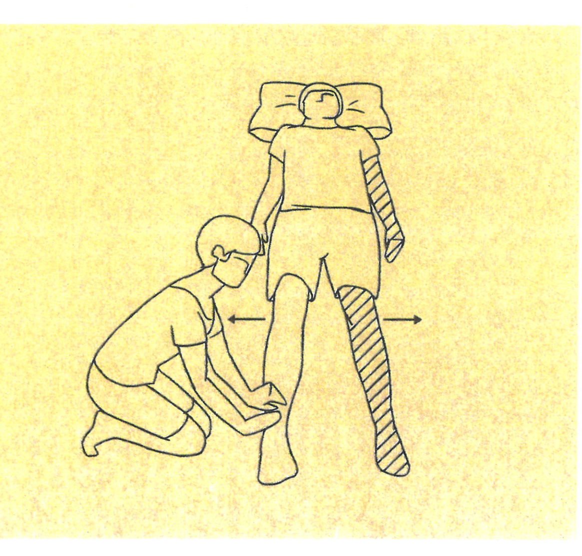
- Press down through your arm, leg, or body to help muscles work and improve sensation and awareness of your arm and leg

•向下按压手臂，
腿或身体帮助肌肉
工作和提高感觉和
意识到你的手臂和腿部



- Use ‘overflow’ from strong to weak muscles (do the movement with both sides of your body. Your helper prevents your strong side from moving so that there is overflow of movement to the weak side)

•使用从强到弱的“溢出”
肌肉（做运动）
你身体的两侧。 你的帮手
防止你强大的一面
移动，以便有溢出
运动到弱侧）



- Use different textures on your skin (rough, smooth, soft, hard) to help you to ‘feel’ and make you more aware of your sensation or stroke your weak arm firmly with your strong one

•在皮肤上使用不同的纹理

（粗糙，光滑，柔软，坚硬）帮助
你要“感受”并让你更加清醒
你的感觉或中风你的弱者
坚定地与你强壮的一臂

Exercises to Help the Return of Movement in your Arm and Hand

Developing the full use of your arm and hand after a stroke is very challenging. In the early days it is easier to move your arm with help, either by holding it with your strong arm or having your helper assist. Working on your shoulder control is very important. It gives stability to your whole arm.

When exercising it may be easier to start by lying on your strong side (weak side uppermost) or back.

Think about using your arm and attempt to use it. Once you are getting movement back in your arm, try to use both arms in daily life (washing, dressing, and household tasks).

To use your hand there should be a balance between opening and closing. It is important to concentrate on opening the hand because the grasping muscles tend to become short and tight.

Be aware of the tension that might come into your arm when you attempt tasks that may be too hard. If your arm gets tighter, stop and stretch your muscles before you begin again.

The shoulder must be looked after and supported; pain easily occurs. If you have difficulty with the exercises below get advice from a Physiotherapist or Occupational Therapist.

36

练习帮助回归

在你的手臂运动

和手

充分利用你的手臂和手臂
中风后的手非常具有挑战性。
在早期，它更容易移动
你的手臂在帮助下，或者是抱着
它与你的强壮的手臂或拥有
你的助手协助。 努力工作
肩控制非常重要。 它
为你的整个手臂提供稳定性。

锻炼时可能更容易
从坚强的一面开始
（弱侧最上方）或后方。

考虑使用你的手臂和
试图使用它。 一旦你到了
回到你的手臂，尝试
在日常生活中使用双臂（洗涤，
穿衣和家务）。

要用你的手应该有一个
开合之间的平衡。 它
重点是开放
因为抓住肌肉的手
往往变得短而紧。

请注意可能产生的紧张情绪
你尝试的时候会进入你的手臂
任务可能太难了。 如果你的
手臂越来越紧，停下来伸展你的手臂
再次开始之前的肌肉。

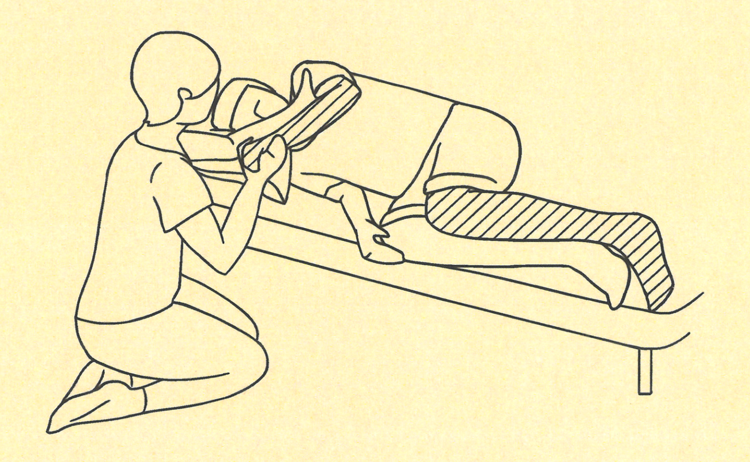
肩膀必须得到照顾和支撑;很容易疼
发生。 如果你有下面的练习有困难得到
物理治疗师或职业治疗师的建议。

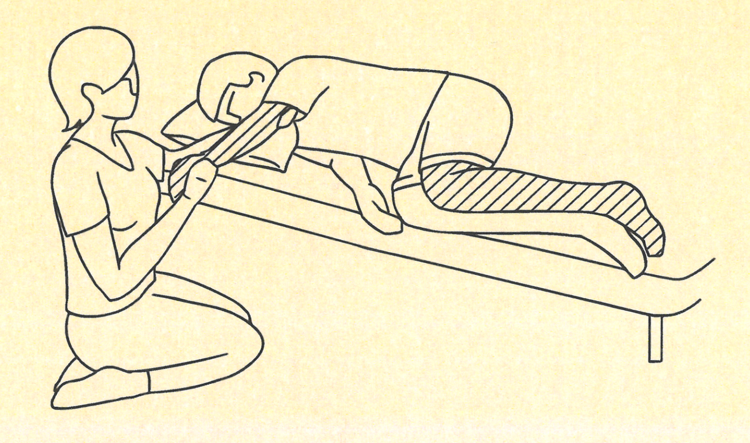
Beginning Exercises

If needed, your strong hand can assist or your helper can support and guide your weak arm

LYING ON YOUR STRONG SIDE

1. Your helper supports your weak arm throughout
2. Reach forward





开始练习

Beginning Exercises

如果需要，你强有力的手可以帮助你的帮助者可以支持和引导你的弱臂

If needed, your strong hand can assist or your helper can support and guide your weak arm

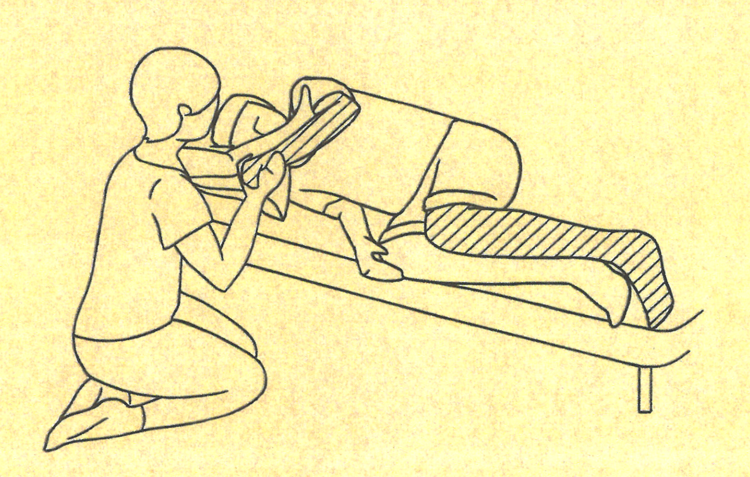
LYING ON YOUR STRONG SIDE

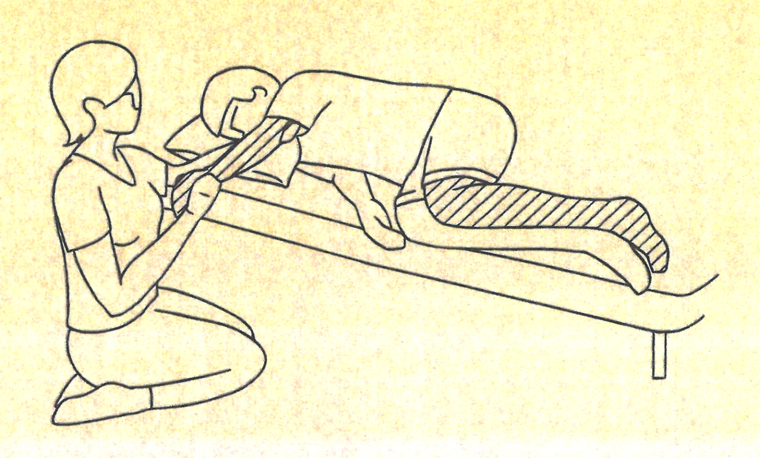
1. Your helper supports your weak arm throughout
2. Reach forward

在你的强大的一面

你的助手支持你的整个弱臂

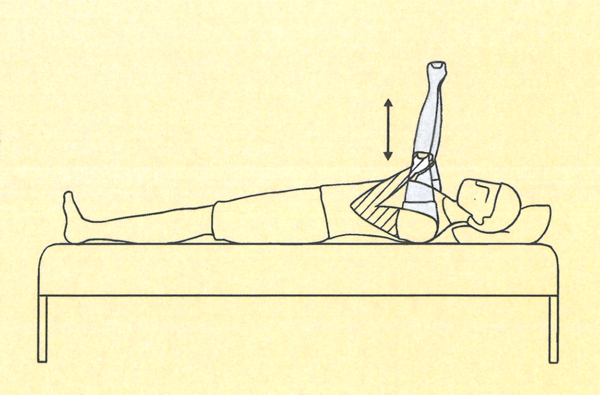
2.向前迈进

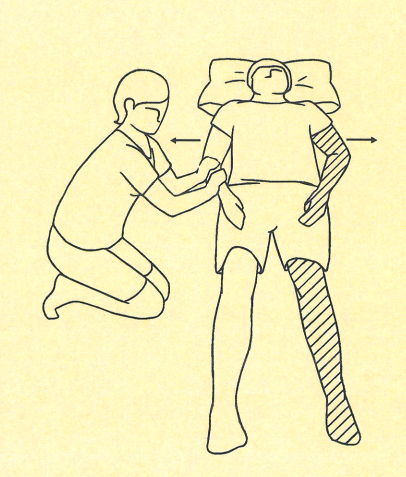




LYING ON YOUR BACK

1. With hands clasped, reach towards the ceiling; do not go past 90 degrees if you have any shoulder pain

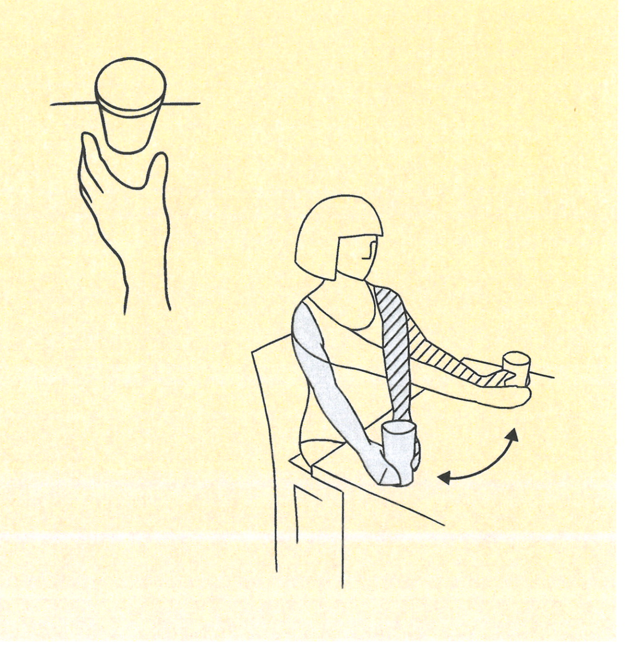




2. With arms bent, push both elbows away from your body. Helper resists on the strong side to encourage the weak side to move
3. Shoulder shrugging - lift both shoulders up towards your ears. You can also do this while sitting

SEATED WITH BOTH ARMS ON A TABLE

1. Try reaching towards an object with your weak arm
2. With your weak hand flat on a cloth and your strong hand on top, move your arms around the table. Guide your weak arm with your strong one
3. Slide a glass over the surface of the table using your weak hand and keeping your shoulder forward. Your helper may hold your hand on the glass (your helper should not try to guide the movement)

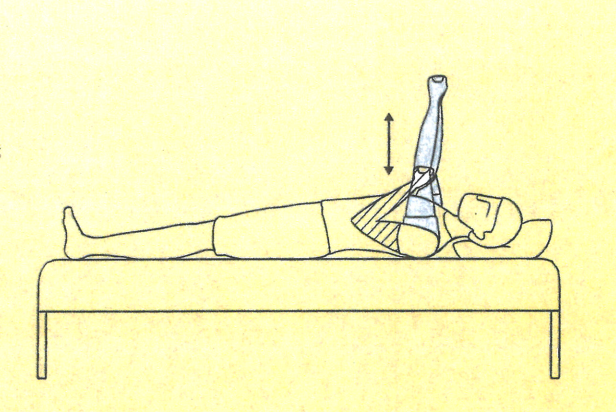


LYING ON YOUR BACK

1. With hands clasped, reach towards the ceiling; do not go past 90 degrees if you have any shoulder pain

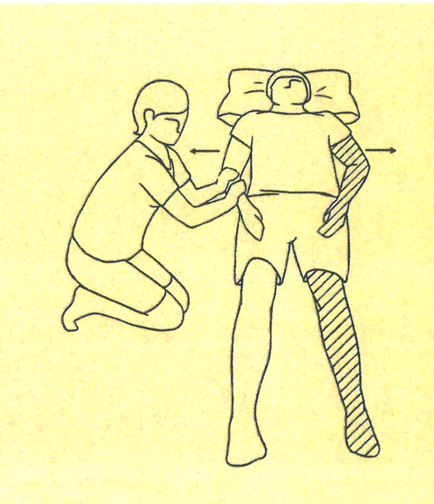
在你的背上

1.双手紧握，朝向
天花板; 不要经过90度
如果你有任何肩膀疼痛



2.双臂弯曲，推动两个肘部
远离你的身体。 帮手
坚强的一面抵抗
鼓励弱势一方移动

肩膀耸肩 - 抬起两个
靠近你的耳朵。
你也可以坐着做

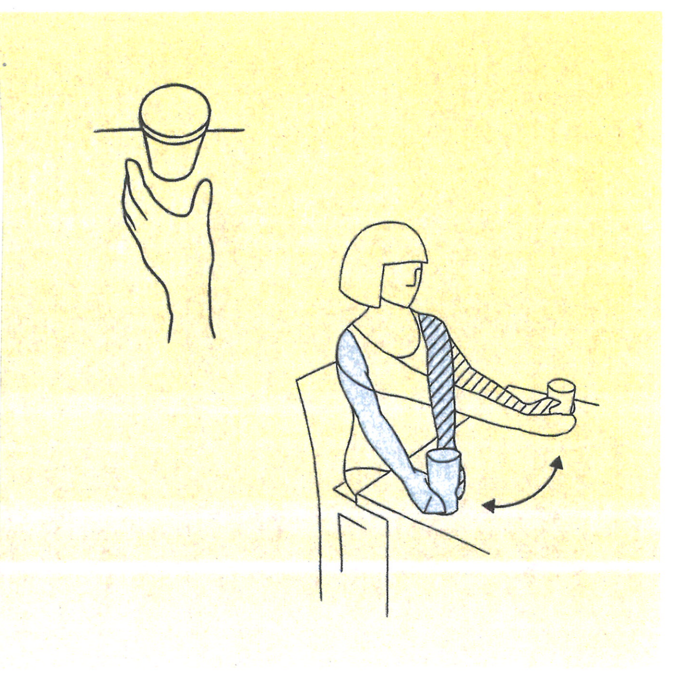


两只手放在桌上 坐好

1.尝试朝向物体
用你的弱臂

2.用你的弱手平放在布上
和你的强有力的手在上面，移动
你搂着桌子。 指南
你的弱臂与强壮的一臂

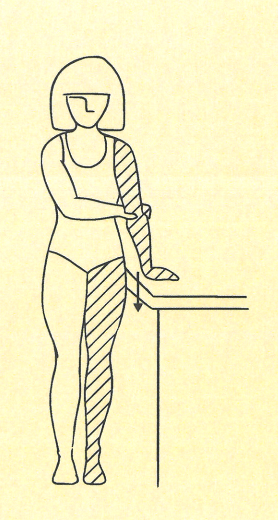
3.在玻璃表面上滑动玻璃
桌子用你的弱手和
保持你的肩膀向前。
你的助手可能牵着你的手
在玻璃上（你的助手应该
不试图引导运动）



STANDING

1. Place both your hands flat on a table
2. Lean onto your weak arm and hand with the elbow straight. Keeping your hand flat on the table, move your weight forward. Keep your thumb and fingers apart

This is a good exercise to prevent your hand becoming tight
You or your helper may need to support your weak arm

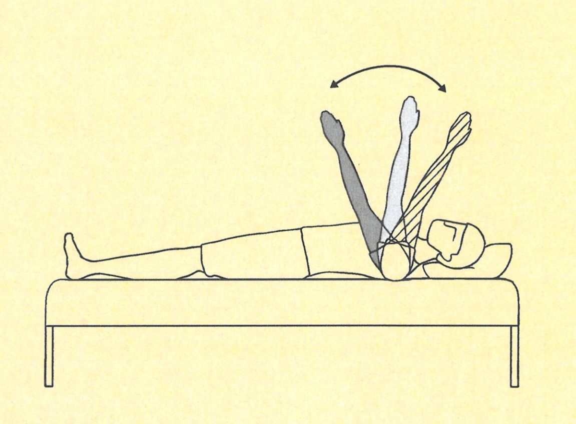


Advanced Exercises

LYING ON YOUR BACK

1. Reach towards the ceiling with your weak arm. When your arm is straight, move it a small distance in different directions e.g. up, down, out to the side

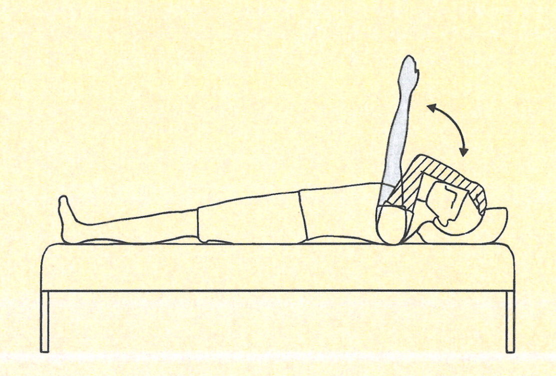
Make sure you have enough control to do the movement without your arm falling down, otherwise you will need help



2. Bend your elbow to touch your head with your hand. Straighten your arm and hold it straight
3. Move your hand onto the opposite shoulder. Straighten your arm

YOUR HELPER CAN

- Take your hand towards your face
- Steady your upper arm while you straighten your elbow



~~常设~~ 站立

1.将双手平放在桌子上

2.靠在你的弱臂上
手肘伸直。
把手放在桌子上，
移动你的体重。 保持
你的拇指和手指分开

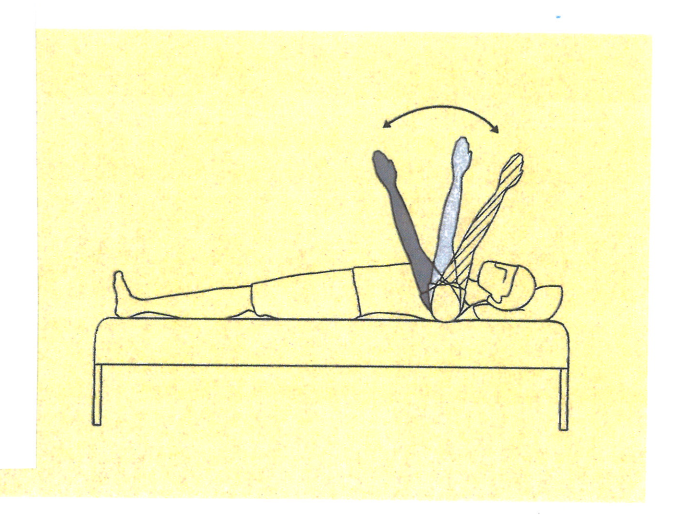
这是一个很好的预防措施
你的手变得紧张
您或您的助手可能需要
支持你的弱臂

高级练习

在你的背上

1.伸手去拿天花板
弱臂。 当你的手臂伸直时，
在不同的地方移动一小段距离
方向，例如上，下，外侧

确保你有足够的
控制做运动
没有你的手臂掉下来，
否则你需要帮助



弯曲你的手肘触摸你的手臂
用你的手。 弄直
你的手臂并保持笔直

3. Move your hand onto
the opposite shoulder.
Straighten your arm

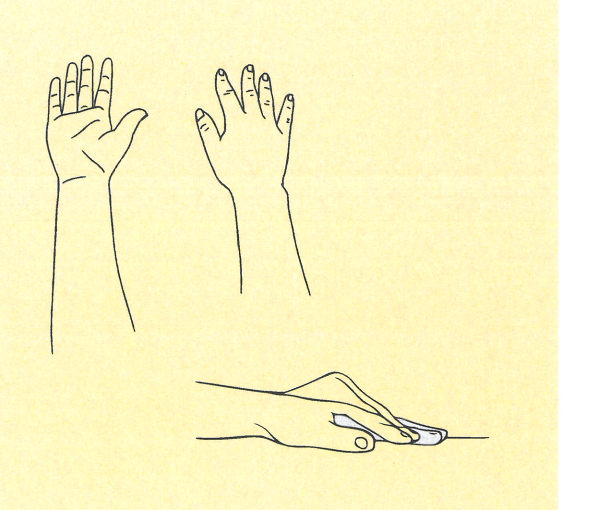
把手放到相反的臂上
伸直手臂

你的助手可以

- 将手放在脸上
- 同时保持上臂稳固
你伸直你的肘部

SEATED AT A TABLE WITH YOUR WEAK ARM SUPPORTED

1. Bend and straighten the elbow of your weak arm
2. With your elbow bent, turn your palm up and down
3. With your forearm supported, keeping your fingers straight, try and make an arch with your hand



Daily Activities to Practise for Strengthening your Arm and Hand

- Bend and straighten your wrist joint
- Lift your hand while holding a light cup
- Place your hand around a cup. Do not lift it but hold it for 20 seconds. Relax (let go) and open your hand
- Progress to picking up the cup and putting it down
- This can also be practised with a variety of objects (e.g. blocks)
- Use both hands together to pick up a ball, a large cup, a small box
- Do activities with a towel (folding, rolling, drying)
- Use play dough... poke it, put it in the palm of your hand and move it round with your fingers. Use both hands to move it
- Do finger exercises; tapping, touch each finger with the thumb of your weak hand, bend and straighten your fingers

Functional Hand and Finger Activities

- Pouring water from a jug into a large bowl
- Writing, drawing - start with a fat pen/marker or a grip on pen
- Rolling a ball on the table
- Scrunching up paper
- Holding and turning over cards
- Picking up small objects like buttons and coins
- Using pegs - open, close and peg onto cloth/paper with weak hand Use both hands to do the task
- Cutting - knife, scissors
- Picking up sticks/straws
- Use iPads, computers, and phones

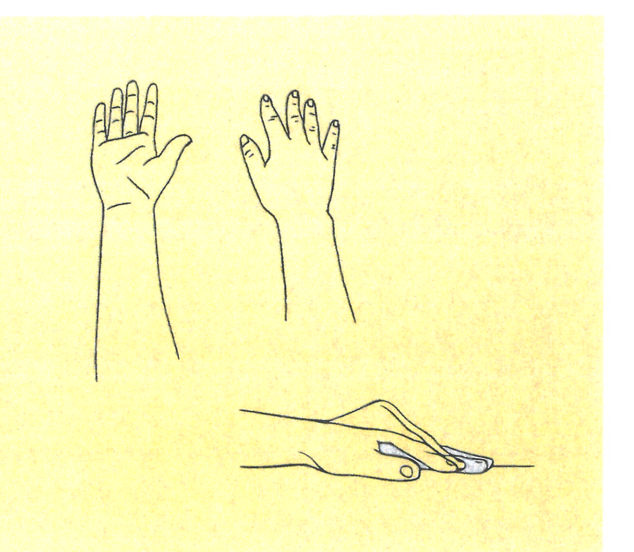
You will be able to add many other activities to the above - ' be creative'

和你一起坐在桌子旁边
用无力的手
弱支持

弯曲并伸直
你的弱臂肘部

2.肘部弯曲，转动
你的手掌上下

3.支撑前臂，
保持手指伸直，试试
用手做一个拱门



Daily Activities to Practise for Strengthening your Arm and Hand

- Bend and straighten your wrist joint
- Lift your hand while holding a light cup
- Place your hand around a cup. Do not lift it but hold it for 20 seconds. Relax (let go) and open your hand
- Progress to picking up the cup and putting it down
- This can also be practised with a variety of objects (e.g. blocks)
- Use both hands together to pick up a ball, a large cup, a small box
- Do activities with a towel (folding, rolling, drying)
- Use play dough... poke it, put it in the palm of your hand and move it round with your fingers. Use both hands to move it
- Do finger exercises; tapping, touch each finger with the thumb of your weak hand, bend and straighten your fingers

Functional Hand and Finger Activities

- Pouring water from a jug into a large bowl
- Writing, drawing - start with a fat pen/marker or a grip on pen
- Rolling a ball on the table
- Scrunching up paper
- Holding and turning over cards
- Picking up small objects like buttons and coins
- Using pegs - open, close and peg onto cloth/paper with weak hand Use both hands to do the task
- Cutting - knife, scissors
- Picking up sticks/straws
- Use iPads, computers, and phones

You will be able to add many other activities to the above - ‘ be creative’

每日活动练习
加强你的
手臂和手

- 弯曲并伸直腕关节
- 拿着灯杯时抬起手
- 将手放在杯子周围。 做
 不要抬起它，但要保持20秒钟。
 放松（放手），张开手
- 拿起杯子的进展
 把它放下
- 这也可以用a来练习
 各种物体（例如块）
- 用双手一起拿起
 一个球，一个大杯子，一个小盒子

功能手和
手指活动

- 将水从壶中倒入大碗中
- 写作，绘画 - 从胖子开始
 笔/记号笔或笔柄
- 在桌子上滚球
- 碾压纸张
- 握住并翻转卡片
- 拾取像。的小物件
 按钮和硬币
- 使用钉子 - 打开，关闭和钉住
 用弱手在布/纸上
 用双手完成任务

- 用毛巾做活动
 （折叠，滚动，烘干）
- 使用面团...戳它，把它放入
 你的手掌和它一起移动
 你的手指 用双手移动它
- 做手指练习; 轻拍，触摸每一个
 手指用你的弱手拇指，
 弯曲并伸直你的手指

- 切割 - 刀，剪刀
- 拾起棍棒/吸管
- 使用iPad，电脑和手机

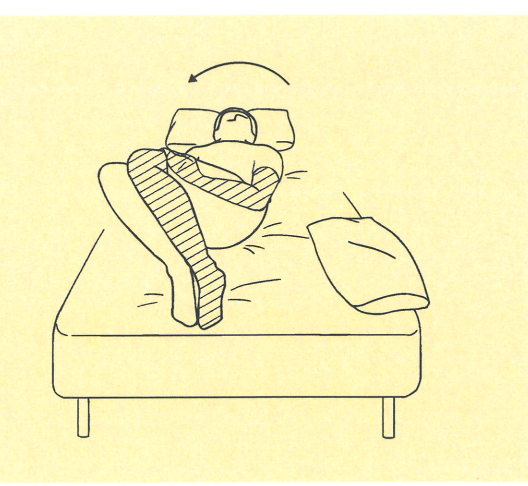
您将能够添加许多其他活动
到上面 - '有创意'

Exercises to Strengthen your Back and Stomach Muscles

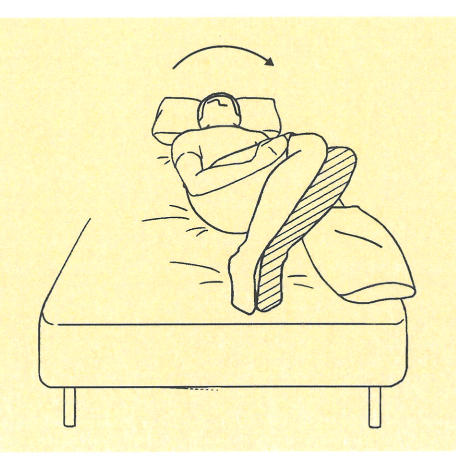
Basic Exercises

LYING ON YOUR BACK, WITH YOUR KNEES BENT, FEET FLAT

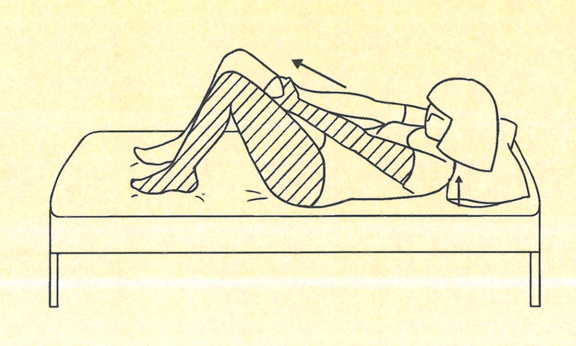
1. With both knees bent up, and feet on the bed, draw your tummy in and flatten your back into the bed. Hold to the count of five, then relax. Repeat.



2. From the middle take both knees to one side, and return. Repeat to the other side



3. Clasp your hands together in front of you, reach forward and raise your chin towards your chest. Try to hold to the count of five
4. Repeat the above exercise moving your arms and head to your weak side. Try to hold to the count of five
5. With your arms by your side, pull your shoulder blades together



练习加强你的

背部和胃部肌肉

Basic Exercises

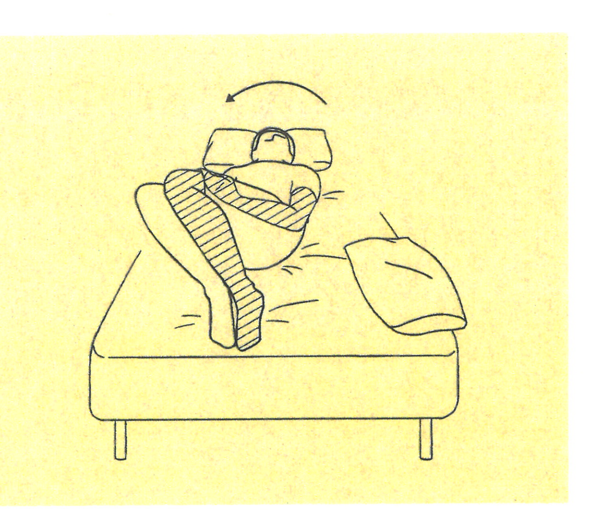
基础练习

LYING ON YOUR BACK, WITH YOUR KNEES BENT, FEET FLAT

1. With both knees bent up, and feet on the bed, draw your tummy in and flatten your back into the bed. Hold to the count of five, then relax. Repeat.

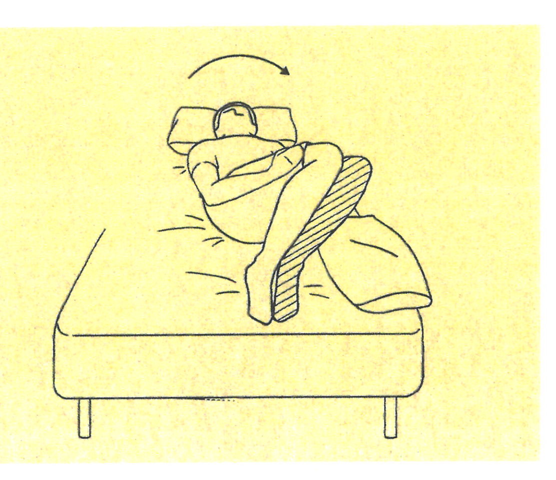
躺在你的背上，与
你的KNEES BENT，FEET FLAT

双膝弯曲，并且
脚在床上，画你的
趴着并压扁你的背部
进了床。 坚持计数
五，然后放松。 重复。



2. From the middle take both knees to one side, and return. Repeat to the other side

2.从中间拿两个
膝盖向一侧，然后返回。
重复到另一边



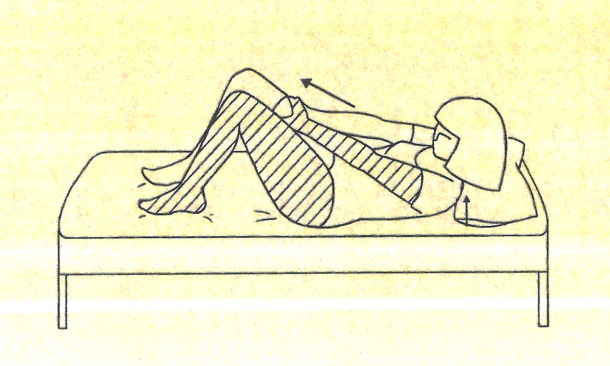
3.将前面的双手扣在一起
你，向前迈进
你的下巴朝向你的胸部。
~~尽量保持五个数~~ 数1到5

4.重复上述练习动作
你的手臂和头向你的弱者
侧。 ~~尽量保持五个数~~

5.双臂抱在身边，拉
你的肩胛骨在一起

ront
e
ying
ak
f five

by your side, pull
your shoulder blades together

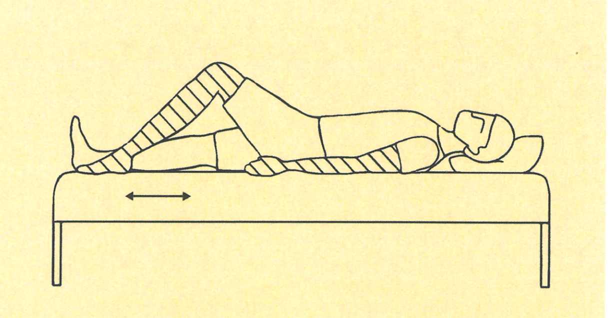


Exercises to Strengthen your Hip

Basic Exercises

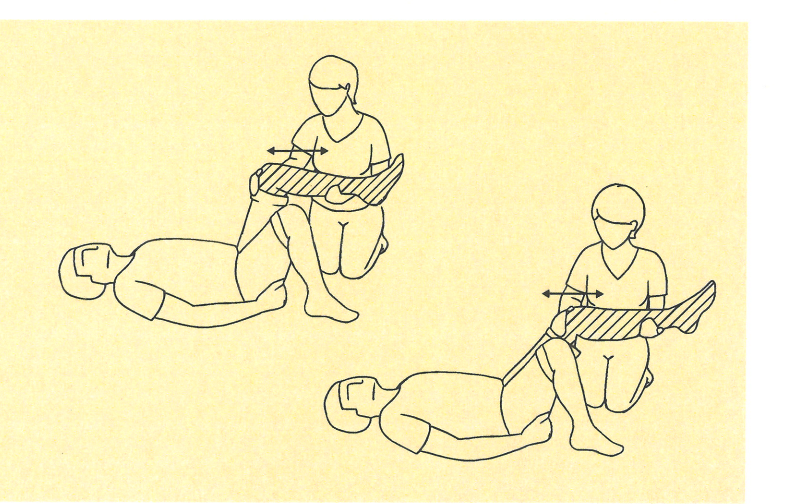
LYING ON YOUR BACK WITH YOUR KNEES BENT, FEET FLAT

1. Slowly bend and straighten your weak leg, keeping your foot on the bed



YOUR HELPER CAN

- Support your leg while you lift it up toward your chest
- Help you to slowly move it part way down
- Help you to bend it up again
- Try to control the movement so it becomes easier and smoother

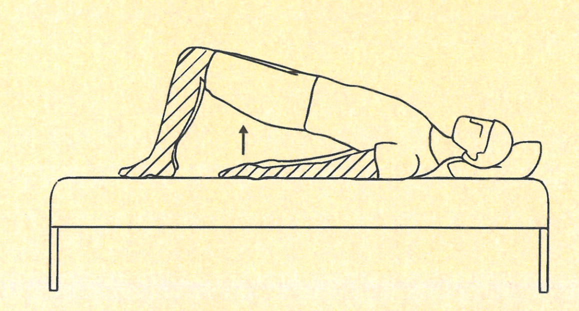


2. Lift both hips (bridge) hold them up for 10 seconds then relax. Start by lifting up only 2-3 cm off the bed. Progress to keeping your hips level

YOUR HELPER CAN

- Keep your leg in the mid-line
- Support your leg as you move and stop it falling out

3. Lift your knee and foot toward your chest. Keep it steady, do not let it fall out



Exercises to Strengthen your Hip

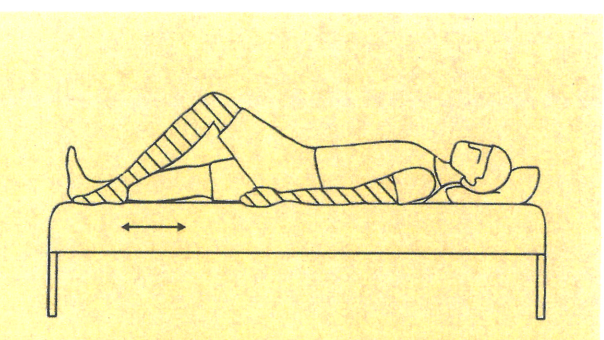
Basic Exercises 基础练习

背躺在床上弯膝脚放平

LYING ON YOUR BACK WITH YOUR KNEES BENT, FEET FLAT

1. Slowly bend and straighten your weak leg, keeping your foot on the bed

1.慢慢弯曲并伸直
你的弱腿，保持
你的脚在床上



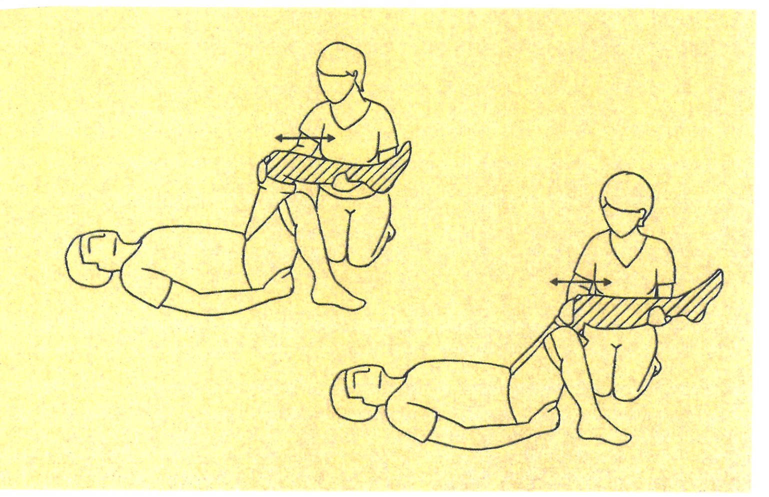
你的助手可以

•支持你的腿
把它抬到胸前

•帮助您慢慢移动
它一路走下来

•帮助您再次弯曲它

•尝试控制
运动，所以它成为
更轻松，更顺畅



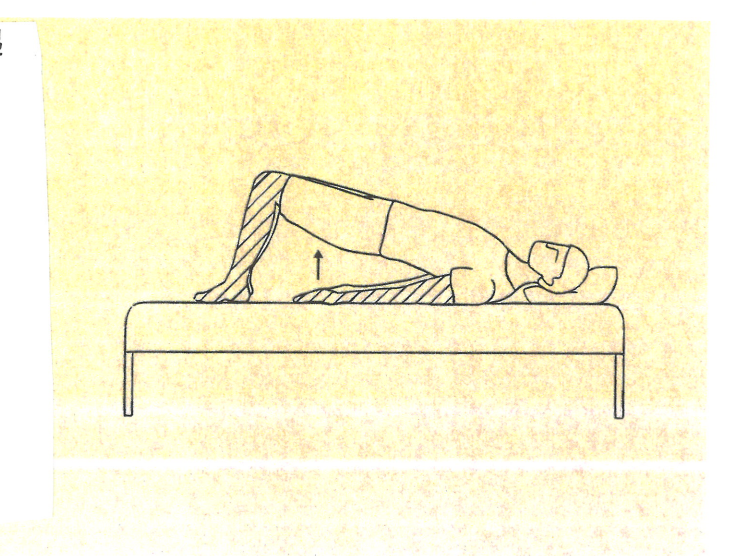
2.抬起两个臀部（桥）将它们抬起
10秒然后放松。 从一开始
离床只有2-3厘米。
保持臀部水平的进步

你的助手可以

•保持腿部中线

•移动时支撑腿部
并阻止它掉出来

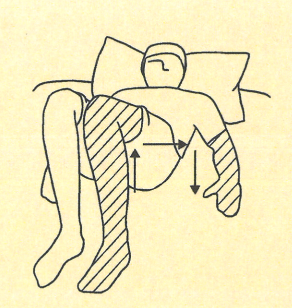
3.抬起膝盖和脚
你的胸部。 保持稳定，
不要让它掉出来



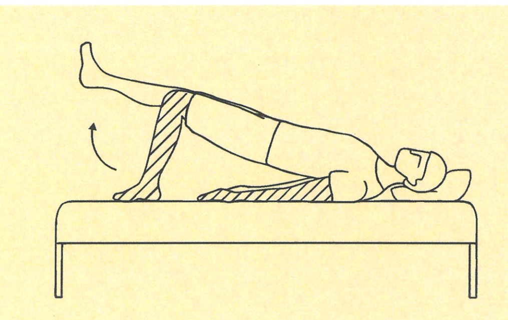
Advanced Exercises

LYING ON YOUR BACK

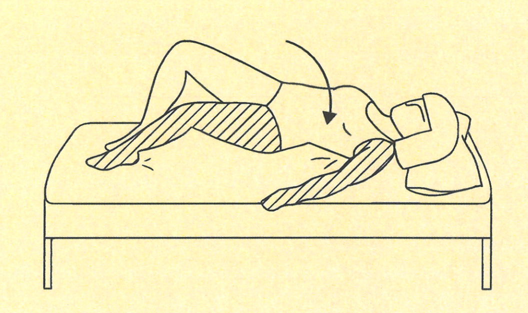
- Bridge to move over on the bed
- Make sure you put weight through your weak side



- Bridge with your strong leg straight



- Bridge and rotate / twist



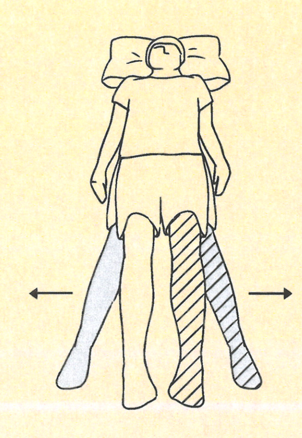
LYING ON YOUR BACK WITH YOUR LEGS STRAIGHT

1. Push your feet apart keeping your heels on the bed, knees straight

YOUR HELPER CAN

- Resist on the strong side. This uses your strong side to strengthen the weaker side
- Show you how to push your heels into the bed with feet apart and knees straight

2. Turn your knees and feet in toward one another and then out

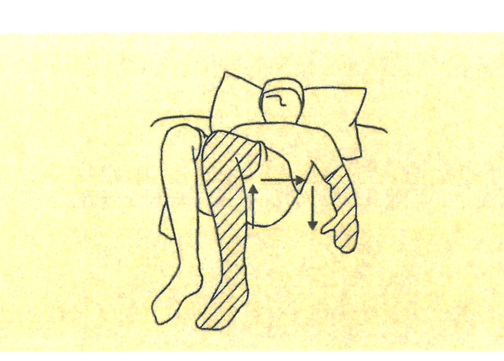


高级练习

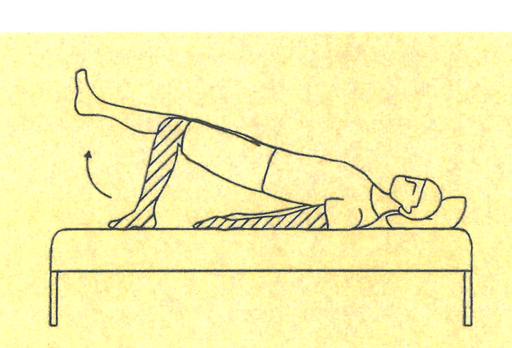
在你的背上

•桥梁在床上移动

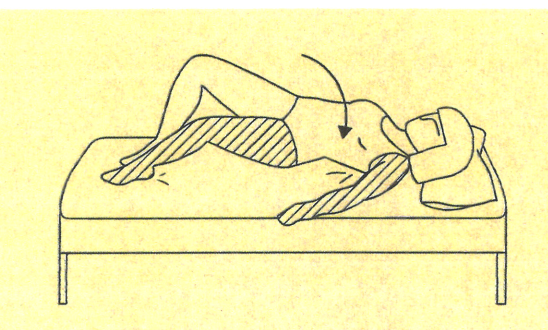
•确保你增加体重
通过你的弱点



•将你的腿伸直



•桥接和旋转/扭曲



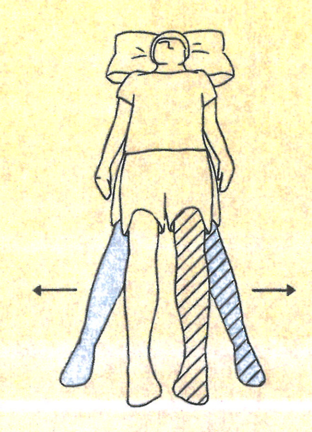
抱着你的背影
你的腿直

1.保持你的双脚分开 ur
高跟鞋在床上，膝盖挺直

你的助手可以 your
•抵抗强势。 这用你的 r side
坚强的一面加强弱势一面

•告诉你如何将你的高跟鞋推入 to the
床与脚分开，膝盖笔直 ght

2.将膝盖和脚转向 rd
彼此，然后出去

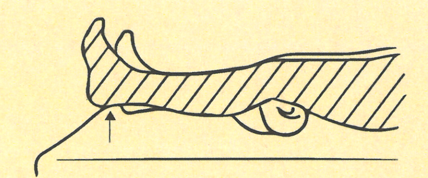


Exercises to Strengthen your Knee

Basic Exercises

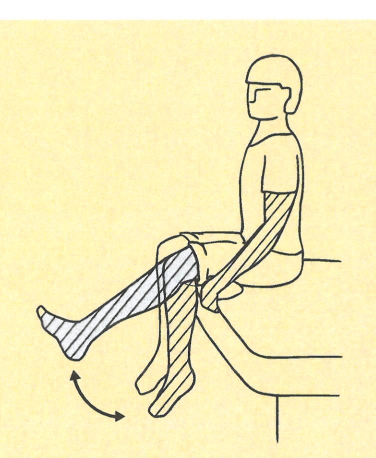
LYING ON YOUR BACK

1. Put a rolled towel under your weak knee. Lift your foot up and hold your knee straight. Slowly lower it

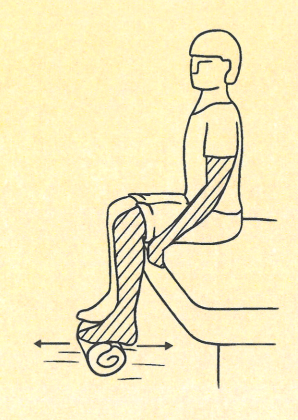


SITTING ON THE SIDE OF THE BED

1. Put a rolled towel under your thigh so that your foot is off the floor. Straighten your knee and then slowly allow it to bend. As you straighten your knee, pull up your foot
2. For advanced exercises add resistance to the above movements (up/down) with your strong foot



3. Place a hand towel, (rolled and taped),under your feet. Roll it forward and back on floor. Then try to do it only with your weak foot



STAND STRAIGHT

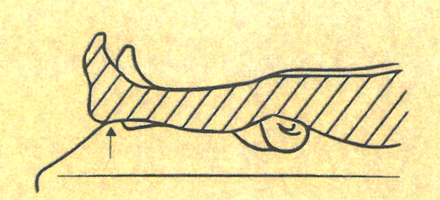
1. Bend your weak knee and lift your feet behind you
2. Practice stepping backwards

Exercises to Strengthen your Knee 练习加强 你的膝盖

B 基础练习 ses

在你的背上

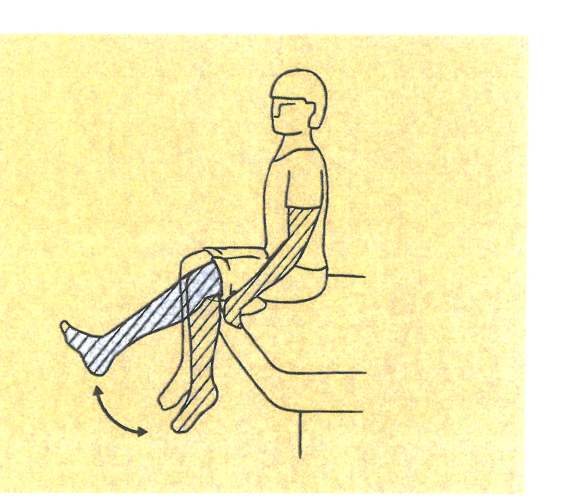
把一条卷起的毛巾放在你的弱者下面
膝盖。 抬起你的脚并握住
你的膝盖直。 慢慢降低它



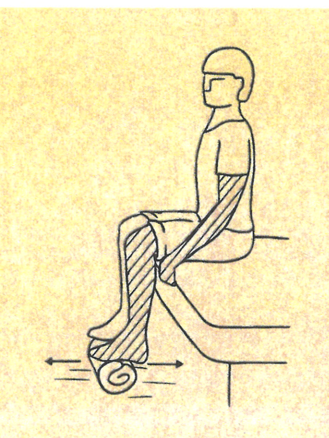
坐在一边
床上

1.在你的大腿下面放一条卷起的毛巾
这样你的脚就离开了地板。
拉直膝盖，然后慢慢伸直
让它弯曲。 当你挺直
你的膝盖，拉起你的脚

2.对于高级练习添加
抵抗上述动作
用你的强壮的脚（上/下）



3.放一条手巾，（滚动和
在你的脚下。 ）滚动它
前进和后退。 然后试试
只有你的弱脚才能做到这一点



STAND STRAIGHT

1. Bend your weak knee and lift your feet behind you
2. Practice stepping backwards

站直

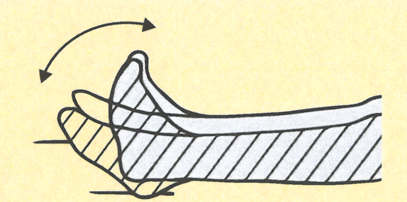
弯曲你的膝盖，抬起你的脚
2.练习倒退

Exercises to Strengthen your Ankle

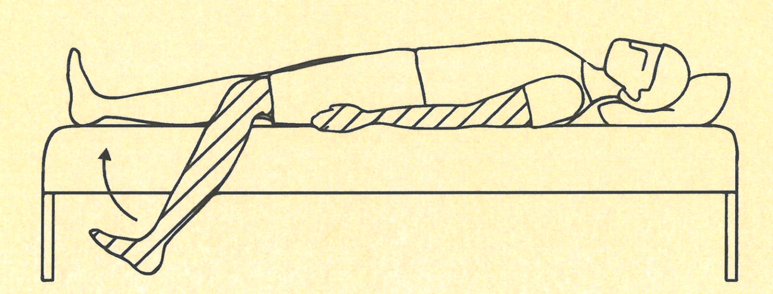
Basic Exercises

LYING ON YOUR BACK

1. Start with your toes pointing down, try to pull them up. This will be easier with your knee slightly bent.



2. Place your weak leg bent over the side of the bed. Lift your hip and knee and pull up your foot



YOUR HELPER CAN

- Help you lift your weak leg up

3. Sitting with your feet flat on the floor
4. Pull all your toes up
5. Try to keep your foot in the midline
6. Progress to moving only your weak foot

Exercises to Strengthen your Ankle

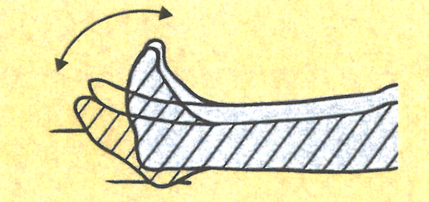
练习加强

你的脚踝

B 基础练习 ises

LYING ON YOUR BACK

1. Start with your toes pointing down, try to pull them up. This will be easier with your knee slightly bent.

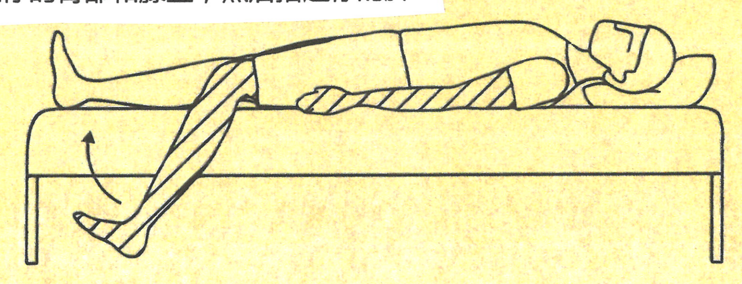


躺 在你的背上

1.从脚趾指向下开始，
试着把它们拉起来。 这将会
膝盖稍微弯曲会更容易。

2. Place your weak leg bent over the side of the bed. Lift your hip and knee and pull up your foot

2.将你的弱腿弯曲在床的侧面。
抬起你的臀部和膝盖，然后抬起你的脚



你的助手可以

YOUR HELPER CAN

- Help you lift your weak leg up

3. Sitting with your feet flat on the floor
4. Pull all your toes up
5. Try to keep your foot in the midline
6. Progress to moving only your weak foot

•帮助您抬起弱腿

3.双脚平放在地板上

4.拉起你所有的脚趾

5.尽量让你的脚保持在中线

6.只移动你的弱脚的进展

Chapter 4

Exercises to Help with Standing and Walking

第4章

练习

帮助

常设

和走路

Standing

If you have very weak, or no foot movement, some form of foot splint - ankle foot orthosis (AFO) or support bandage may be necessary - see your therapist.

If your leg is very weak you may need a gaiter or brace for your knee.

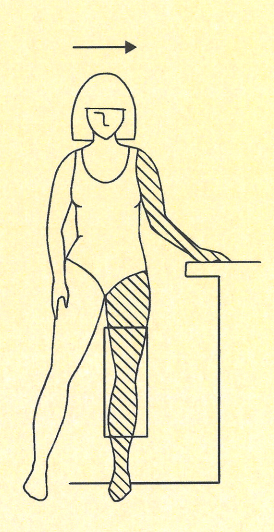
If you have an arm that has very little recovery and is dropping down you may need some shoulder support/ arm sling because a shoulder can become painful if not supported.

STANDING

The goal is to move more weight onto your weak leg so that it becomes stronger

1. Stand with your feet shoulder width apart and your strong hand holding onto a table. Keep your head up and your back straight.
2. Place your hand flat on the table. Move your weight from your strong to your weak leg and back again.

If this is difficult, face the table and use your strong arm for stability.



Standing

If you have very weak, or no foot movement, some form of foot splint - ankle foot orthosis (AFO) or support bandage may be necessary - see your therapist.

If your leg is very weak you may need a gaiter or brace for your knee.

If you have an arm that has very little recovery and is dropping down you may need some shoulder support/ arm sling because a shoulder can become painful if not supported.

站立

如果你有很弱，或没有脚
运动，某种形式的脚夹板 -
踝足矫形器（AFO）或支撑
绷带可能是必要的 - 见
你的治疗师。

如果你的腿非常虚弱，你可能需要一个
膝盖的绑腿或支撑。

如果你的手臂很少
恢复，你可能会下降
需要一些肩部支撑/手臂吊带
因为肩膀会变得疼痛
如果不支持。

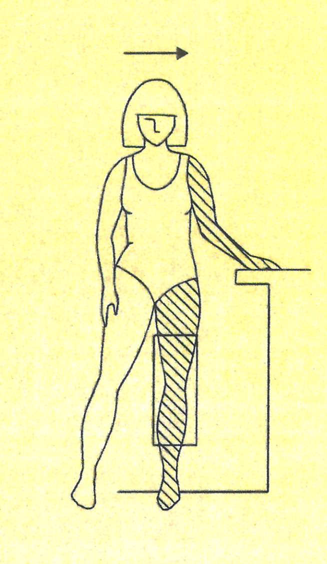
~~常设~~ 站立

目标是移动更多
把重量放到你的弱腿上
它变得更强大

1.双脚站立
宽度分开和你强有力的手
抓住一张桌子。 保持你的
抬起头，背对着你。

2.将手平放在桌子上。
将你的体重从强壮中移开
对你的弱腿再回来。

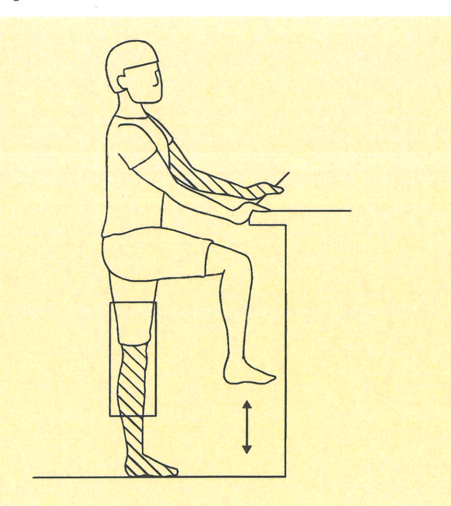
如果这很困难，请面对桌子
用你强壮的手臂来保持稳定。



Exercise for a very weak leg (wearing brace or gaiter)

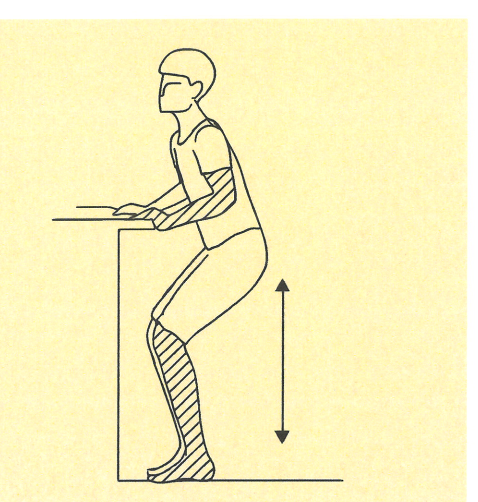
Place your feet shoulder width apart

- Shift a small amount of weight from one leg to the other
- Stand on your weak leg, while holding onto a table. Try to lift your strong leg up (this should only be a small distance off the floor to start with)
- Avoid leaning on the table
- Avoid collapsing at the hip when standing on your weak leg. Tighten hip muscles

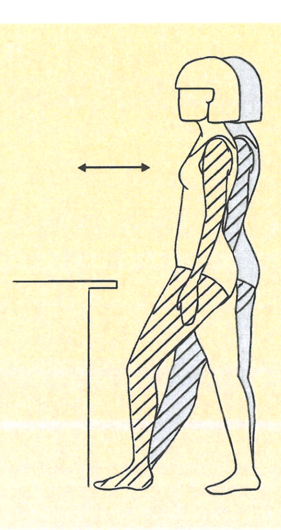


As your leg strengthens do these exercises without a knee support

- Bend both knees together, as if to sit down, and then straighten them. Do not let your weak knee snap back.



- With one foot in front of the other, move your weight forwards and backwards. Keep your body straight. Repeat with the other leg in front
- Hold the table, stand up on your toes
- Hold the table, rock back on your heels



锻炼腿部非常虚弱（佩戴支具或绑腿）

Exercise for a very weak leg (wearing brace or gaiter)

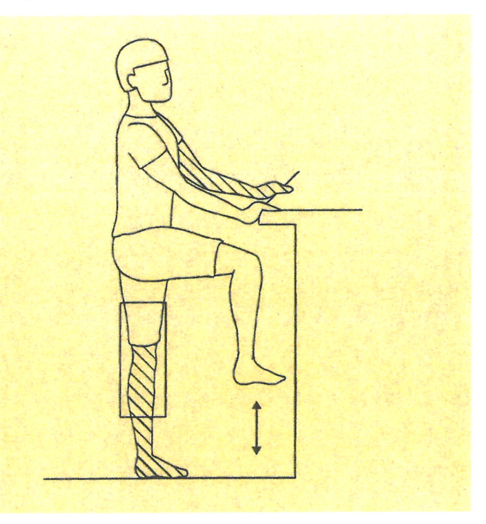
将双脚与肩同宽

•移动少量重量
从一条腿到另一条腿

•站在你的弱腿上，同时握住一个
表。 试着举起你强壮的腿（这应该
离地面只有一小段距离开始）

•避免靠在桌子上

•站立时避免髋部塌陷
在你的弱腿上。 收紧臀部肌肉

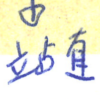


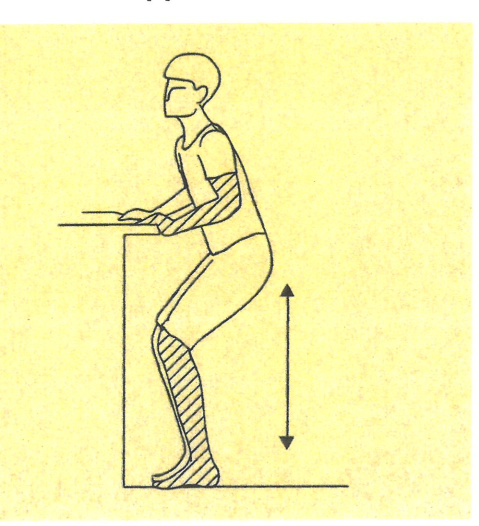
As your leg strengthens do these exercises without a knee support

当你的腿加强时，做这些运动没有膝盖支撑

· Bend both knees together, as if to sit down, and then straighten them. Do not let your weak knee snap back.

•将两个膝盖弯曲在一起，就像坐着一样
向下，然后整理它们。 做
不要让你的膝盖骨折。



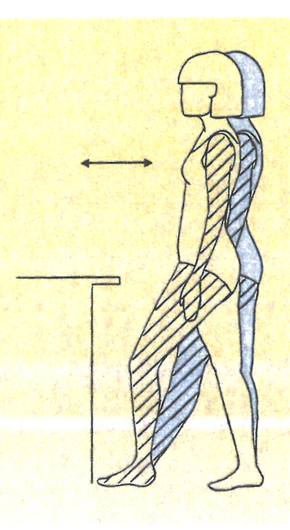


•将一只脚放在另一只脚前面，移动你的脚

重量向前和向后。 保持身体
直行。 重复前面的另一条腿

•握住桌子，站起来

•握住桌子，摇晃着脚跟



Walking

It is important when walking to:

- Remember to straighten up before starting to walk
- As you step forward with your weak leg move your pelvis forward on that side
- Try not to let your weak knee snap back
- Make sure you are taking as much weight as possible through your weak side
- You may need support through your strong side (walking stick or helper). If using a stick, hold it in your strong hand. Move the stick, step with your weak leg and then with your strong leg. Try to make your steps the same length
- Walking an increasing distance is important to improve endurance and lessen fatigue

Stairs

First practice stepping onto a low step (8cm/3" step) – helper close by:

- Stand on your weak leg and put your strong leg up onto the step
- Keep your weak hip straight
- Put your foot down again
- Put your weak foot up onto the step
- Put your foot down again
- Advance to stepping up

GOING UPSTAIRS:
Put your strong leg on the step first

COMING DOWNSTAIRS:
Put your weak leg down first

Further Exercises

1. Stand on your weak leg and do small stepping movements
   - *Out to the side and back*
   - *Forward and back. As you practice stepping, think of lifting your foot up and placing your heel on the floor*
2. Stand on your strong leg and repeat
3. Facing the table, step sideways to the left and then to the right
4. Standing sideways to the table, hold on and walk around it

步行

走路时很重要：

- 记得要挺直
  在开始走路之前
- 当你用弱腿向前迈进时
  将你的骨盆向前移动
- 尽量不要让你的膝盖骨折
- 确保你的体重增加
  尽可能通过你的弱点
- 您可能需要通过您的支持
  强壮的一面（手杖或帮手）。 如果
  用棍子握住你的手。
  移动棍子，与你的弱者同步
  腿，然后你的腿强壮。 尝试
  使你的步骤长度相同
- 越来越远的步行很重要
  提高耐力，减轻疲劳

楼梯

第一次练习踩到低位
步骤（8cm / 3''步骤） - 帮手靠近：

- 站在你的弱腿上，把你的
  强壮的腿向上迈出了一步
- 保持你的髋关节伸直
- 再次放下脚
- 将你的弱脚放在台阶上

- 再次放下脚
- 提前加紧

去上午：
先把你的强壮腿放在步骤上

来到DOWNSTAIRS：
先把你的弱腿放下

进一步

演习

1. 站在你的弱腿上做
   小踩踏动作
   - *侧面和背面*
   - *前进和后退。 当你练习*
     踩着，想想抬起你的脚
     并将你的脚跟放在地板上
2. 站在你强壮的腿上，重复一遍

面对桌子，侧身走向
左边然后右边

站在桌子旁边，
坚持走动吧